Monday, November 25, 2013 metronews.ca | twitter.com/metrotoronto | facebook.com/metrotoronto

TORONTO metro®

OLG Prize Centre
NOW OPEN SATURDAY

PUTTING ASIDE THAT RYDER PRIDE

WINONA RYDER SAYS IT WAS FUN TO JUST BE 'ARM CANDY' IN HOMEFRONT PAGE 22

Temp means temporary, you know

In which Shannon binges on Popsicles after getting fired PAGE 20

Canada not buying Iran's nuclear freeze

Ottawa says sanctions will remain, Iran has not earned benefit of the doubt PAGE 6

Adoption law strands family in Pakistan

Canadian hasn't been back home since she left to pick up her adopted son PAGE 8

NEWS WORTH SHARING.

New Democrats cry 'coercion' in fight for Toronto Centre

Election day. MP says Liberal 'we know if you vote' letter either a gaffe or veiled threat

Due for an upset?

"We sense that these 'Liberal strongholds,' these 'Liberal fortresses,' are due for a change."

NDP Leader Thomas Mulcair

Toronto Centre was the scene of some high-profile campaign events led by the two main opposition leaders over the weekend, in advance of byelections on Monday that have become significant tests for the Liberals and NDP.

NDP Leader Thomas Mulcair was shaking hands in Toronto on Sunday to help boost the chances of candidate and former journalist Linda McQuaig, vying to be the first-ever NDP MP for Toronto Centre.

Liberal Leader Justin Trudeau landed on Saturday to stage a rally with Premier Kathleen Wynne at the headquarters of Chrystia Freeland, also a journalist making a first-time plunge into politics.

The former MP for Toronto Centre, Bob Rae, also threw himself into the Liberals' all-out efforts to hold their 20-year political fortress, with a letter notifying residents that the party was keeping track of who voted and who didn't.

"When the list of Toronto Centre residents who voted is released, I hope your name is on it," said the note, written under Rae's personal letterhead.

Elections Canada doesn't release lists of individuals' voting records, but Rae and Liberal officials said that all parties have access to lists of which citizens have cast ballots.

"By the close of the poll everyone knows who's voted and who hasn't," Rae said. "Although, of course, we don't know who anyone voted for."

The Liberals' NDP opponents portrayed the Rae note as a veiled threat, with Toronto-Danforth MP Craig Scott condemning it as either "coercion" or a "clumsy error."

The practice of publicizing individual voting records, however, is a technique used successfully by the Democrats in the latest U.S. presidential campaign.

Tests have shown that people are more likely to go to the polls when they believe someone is keeping track.

TORSTAR NEWS SERVICE, WITH FILES FROM THE CANADIAN PRESS

RIDERS RULE THE ROOST

Saskatchewan Roughriders quarterback Darian Durant hoists the Grey Cup after thumping the Hamilton Tiger-Cats 45-23 in the 101st Grey Cup in Regina on Sunday. See story, page 32.

RYAN REMIORZ/THE CANADIAN PRESS

LASIK NOW, PAY IN 2015.

Begin a new journey without the hassles of glasses and contacts.

LASIK MD VISION

Starting at $490 per eye*

Book a free consultation at 1-877-316-9888 or lasikmd.com

0 Interest Payments Down Until 2015†

*Subject to Desjardins Card Services credit approval. To be eligible, patients must complete the pre-operative LASIK consultation between October 1, 2013 and January 31, 2014. Cannot be combined with any other offer. †Prices are subject to change without prior notice and vary based on prescription strength. Applicable on a procedure for both eyes only. Other conditions may apply.

porter
flying refined

This winter, don't hibernate – make a Porter travel date!

The leaves have flown off the trees so this is your cue to fly off on Porter – with our incredible sale. Book by Friday, November 29.

Flights from Toronto. Book by November 29, 2013. Travel by April 11, 2014. Up to 21-day advance purchase may be required. One-way fares include all taxes, surcharges and mandatory fees. Additional charges may apply for checked baggage and other optional services.* Fares starting from:

HALIFAX 6 x daily	MONCTON Daily	MONT TREMBLANT Service begins Dec. 6	MONTRÉAL 17 x daily	OTTAWA 17 x daily	QUÉBEC CITY 3 x daily	SAULT STE. MARIE 4 x daily	ST. JOHN'S 3 x daily	SUDBURY 4 x daily
$180	$135	$135	$108	$99	$118	$113	$231	$100
THUNDER BAY 5 x daily	**TIMMINS** 4 x daily	**WINDSOR** 4 x daily	**BOSTON** 7 x daily	**CHICAGO** 6 x daily	**NEW YORK** 13 x daily	**VERMONT** Service begins Dec. 15	**WASHINGTON** Dulles 3 x daily	**ALL-IN PRICES**
$141	$118	$100	$163	$163	$144	$159	$152	

Book online or contact your travel agent.

flyporter.com

porter Escapes

Vacation packages from Toronto. Vacation travel dates vary by package. Limited availability. Package prices are per person, based on double occupancy and include round-trip airfare, all taxes, surcharges and mandatory fees. For full package listings and availability, please visit our website.**

★★★+ **$408** — **NEW YORK**
Yotel
Premium Cabin
Dept. January 5, 6, 8, 9
Nights: 2
Fly to and from Newark Liberty.

★★★★ **$478** — **BOSTON**
The Langham
Run of House
Dept. December 17, 18, 31
January 1
Nights: 2

★★★★★ **$495** — **MONTRÉAL**
Loews Hotel Vogue
Luxury King
Dept. February 12, 13, 14
Nights: 2

★★★★ **$954** — **VERMONT**
Smuggler's Notch
Studio
Dept. January 12, 19, 26
Nights: 4
Includes lift tickets.
Fly to and from Burlington, Vermont.

Book packages online, contact your travel agent or call Porter Escapes 1-855-372-1100. TTY – Dial "711". porterescapes.com

* Book by 11:59 pm Eastern Time November 29, 2013. Travel by April 11, 2014. Up to 21 day advance purchase may be required. Advertised fares are subject to availability and may not be available through the entire travel period. Full fare breakdown available for all itineraries on flyporter.com. Fares quoted are one-way outbound in Firm Class. Inbound fares may differ. New bookings only. Fares include all applicable government-imposed taxes and mandatory fees, which may amount to as much as $150 one-way per passenger, depending on routing. Foreign taxes will fluctuate based on the prevailing exchange rate. Fees for optional services, such as itinerary changes, additional baggage, advance seat selection, or certain special service requests, may increase overall cost. Fares are non-refundable but itineraries may be changed for a fee of up to $200 per person per direction, plus any fare differential. Other significant conditions (including a $25 first-checked bag and $35 second-checked bag fee to and from the U.S., a $20 second-checked bag fee for flights in Canada, and charges for overweight and/or excess baggage) may change without notice and are not guaranteed until ticketed. Visit flyporter.com for more information. In case of any discrepancy between advertised fares and the fares shown on the website at the time of booking, the latter shall prevail.

** All-in prices shown are per person in Canadian dollars, based on double occupancy in noted room category. Flights are round-trip via Porter Airlines. Packages include return airfare, all taxes, surcharges and mandatory fees. Airfare discount is already included in the advertised package price. Prices will vary for alternate flight times on advertised dates. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Transfers to and from airport to hotel are not included unless specified otherwise. New bookings only. Packages are subject to availability at time of booking and are subject to change without notice. Not valid on group bookings. For full terms and conditions refer to www.porterescapes.com. Ontario registration Number 84153 4506. Porter Escapes Inc is a TICO licensed company. TICO # 50019770. Billy Bishop Toronto City Airport, Toronto, ON, Canada M5V 1A1.

tico.ca
Travel Industry Council of Ontario

Call control, please

Wi-Fi on the TTC rolling slowly into stations

TTC riders will be able to access free Wi-Fi in two subway stations on Monday, but a plan to put cellphone service on the platforms remains on hold until a provider comes on board.

Riders will be able to send emails, receive TTC alerts and surf the web from St. George and Bloor-Yonge stations, effective Monday morning.

But BAI Canada, the company with the contract to outfit 61 subway stations with Wi-Fi, hasn't yet attracted a cell carrier that would allow riders to phone and text on the subway, said TTC spokesman Brad Ross.

"Cell providers have not demonstrated an eagerness to participate at this stage, so there will be no cell service or texting," he said on Friday.

BAI bought the rights to the TTC last year for $25 million over 20 years. The other qualified bidder, Bell Mobility, offered only $5.49 million.

The infrastructure is now in place for cell service at those two stations.

TORSTAR NEWS SERVICE

Riders wait for the train doors to close at Bloor station.

RENE JOHNSTON/TORSTAR NEWS SERVICE

Will he give the Bills a good name?

Maple Leaf Sports and Entertainment CEO Tim Leiweke, right, chats with rocker Jon Bon Jovi as MLSE Chairman Larry Tanenbaum, left, looks on during a basketball game between the Toronto Raptors and the Boston Celtics in Toronto on Oct. 30. Reports say Bon Jovi is making plans with MLSE executives to purchase the NFL's Buffalo Bills when the team hits the market, which won't be until their current owner, 95-year-old Ralph Wilson, dies. The purchase price could reach as high as $1 billion US, and whoever buys the team will need to build a new NFL-specific stadium, likely doubling the investment.

FRANK GUNN/THE CANADIAN PRESS

Ford's shadow looms over tax-hike debate

Budget committee. Despite concerns of a showdown with the Ford Bros., councillors hoping for calm after weeks of 'distractions'

Councillors on Toronto's budget committee are hoping the Ford sideshow won't make an appearance at its Monday meeting.

It's not clear whether Mayor Rob Ford will even attend, but Coun. Doug Ford is on the committee. The mayor doesn't have a vote — nor does quasi chief magistrate Norm Kelly — but he's invited to speak.

Budget chief Frank Di Giorgio expects staff will ask for a 2.5 per cent tax hike, including the subway-related increase. But when he floated that number to Ford earlier this week, the mayor balked. The problem for Ford is that complaining is about all he can do about it.

Under the new power structure, with Ford's authority over committees and policy removed, Kelly's opinion is the one that matters. And the deputy mayor has indicated he "will be more receptive to what staff is proposing" than Ford had been, Di Giorgio said.

This has some worried about a budget showdown.

Di Giorgio downplayed such concerns, saying that while he isn't sure the mayor will come, he hopes he'll attend and "perhaps make a few comments."

Coun. Gary Crawford hopes that no matter what happens, the debate is calm.

"My goal is for it to be like every other budget process and focusing on the business at hand," said Crawford.

"The distractions over the last number of weeks and months have been difficult. If anything, I'm glad to be back at work."

TORSTAR NEWS SERVICE

Numbers game

Rob Ford has advocated for no more than a 1.75 per cent increase, including the 0.5 per cent earmarked for the subway expansion he pushed for. But even budget chief Frank Di Giorgio, one of the mayor's last allies, says that figure isn't possible without significant cuts in services.

Get Out Of DEBT
Without Bankruptcy
Without Loans
SPEAK TO THE Licensed Debt Professionals™
FREE CALL 310-9200
(NO AREA CODE NEEDED)

DAVID SKLAR & ASSOCIATES INC.
Licensed Credit Counsellors · Licensed Proposal Administrators · Trustee in Bankruptcy
www.DavidSklar.com
David Sklar, CPA, CA, CIRP, Trustee

How would 18th C cartoonists have handled Rob Ford?

Research. Newspapers during golden age of caricature would have been even more ruthless, says U of T political satire expert

Toronto Mayor Rob Ford can be thankful at least for this: Had he been mayor 200 years ago in Britain, newspaper cartoonists would have been even more ruthless, says a University of Toronto expert in political satire.

"Without question, if the leading cartoonist back then — James Gillray — had depicted Rob Ford he would have been far more merciless than they are today," said English Professor David Taylor, who studies British political satire from 1750 and 1830, what he calls the golden age of caricature.

"King George III and Queen Charlotte were satirized mercilessly — one cartoon showed them on the toilet!" he recalled. "You'd have a backlash to that today; they were appallingly cruel."

Cruel was the usual

"King George III and Queen Charlotte were satirized mercilessly — one cartoon showed them on the toilet! You'd have a backlash to that today; they were appallingly cruel."
David Taylor, University of Toronto

Taylor said cartoons began to be carried in newspapers by 1830 and became seen as a sign of true democracy and free speech. So many people would crowd around London's "print shop" storefronts to see the latest cartoon, others complained it was hard to squeeze past.

The cartoons were often more visually complex, with more words and often literary references, compared to today's, "which you can read in a few seconds and get the point."

Taylor is one of five professors to win a cool $20,000 each from Queen's Park Monday as recipients of the Polanyi Prize for research. TORSTAR NEWS SERVICE

Expensive? Nah, it only ran me like six Gs

Kashif Khan, director of Ritchies, auctions a Breitling wristwatch at the Royal Ontario Museum on Sunday. It sold for $6,000. Among the so-called 'bargains' in the $20 million auction were $600,000 worth of emeralds, bought over the phone, and a Birkin handbag going for $10,000. VINCE TALOTTA/TORSTAR NEWS SERVICE

Feds not responding to pipeline legislation challenge

Musician Sarah Harmer speaks out against Line 9B as protesters rally outside the Metro Toronto Convention Centre on Oct. 19. TORSTAR NEWS SERVICE FILE

The federal government won't file a response to a court challenge seeking to strike legislation that limits public participation on proposed energy projects, such as Enbridge's Line 9B pipeline that runs the length of the GTA.

Lawyer Clayton Ruby, representing the environmental group and activist who filed the suit against the National Energy Board and the Attorney General of Canada, said the move is "unusual."

"It means literally that they're satisfied to have the case decided on the evidence we presented," said Ruby.

The respondents may still opt to cross-examine witnesses. Then the application will go to the court "very quickly," said Ruby.

The legal challenge, filed in August by Forest Ethics Advocacy and Donna Sinclair, asks the Federal Court to quash new rules that restrict who can present to the National Energy Board, the federal agency that conducts public hearings on proposed projects and decides whether to approve them.

The application argued new requirements, introduced in the federal government's 2012 omnibus bill C-38, that force people to apply to take part in hearings are unconstitutional. Previously, any interested party could make submissions on pipeline projects.

TORSTAR NEWS SERVICE

SHOP THE NEIGHBOURHOOD™

November 30, 2013 – GTA

Make a local purchase on November 30th. Support local businesses, get exclusive deals.

Join the movement:

→ shoptheneighbourhood.ca

Suport local businesses.
Support your neighbourhood!

MY NEIGHBOURHOOD FIRST
A Yellow Pages Group Initiative

WIN CASH EVERY DAY OF THE YEAR!

GIVE THE GIFT OF HEALTH AND HAPPINESS.
ORDER BY NOV. 29TH FOR HOLIDAY DELIVERY!

WIN
3 x $5,000 EVERY DAY
$50,000 EVERY MONTH
$10,000 EVERY WEEK
17,000x $25 CASH BACK PRIZES

This holiday season celebrate a new tradition!

Buy a Heart&Stroke Calendar Lottery ticket for family, friends or a special someone and start a new holiday tradition with a gift of health and happiness.

$25 EACH
ORDER 3 FOR $70
BEST DEAL
ORDER 6 FOR $125

$25 EACH
3 FOR $70
6 FOR $125

Order online www.heartandstroke.on.ca/calendar
Call 416-514-7767 Ext. 900
1-888-514-7767 Ext. 900

Every ticket helps the Heart and Stroke Foundation Make Health Last.

HEART & STROKE FOUNDATION
MAKE HEALTH LAST

For prize detail and draw information, please refer to the rules and regulations in the full brochure or online at www.heartandstroke.on.ca/calendar. Only 1,115,000 tickets are available. Winning tickets will be drawn every weekday starting January 2, 2014, with the Early Bonus Draw at 9 am and the Early Bird Draw after 1 pm, and subsequently weekdays after 8:30 am at Miratel Solutions Inc. (2501 Steeles Ave. W., Toronto, ON M3J 2P1). Lottery Licence #: 5674.
™ Heart&Stroke Calendar Lottery, WINCREDIBLES, and Heart & Stroke Foundation logos are trademarks of the Heart and Stroke Foundation of Canada. © Bank of Canada – bank note images used and altered with permission. The Heart and Stroke Foundation of Ontario is now known as the Heart and Stroke Foundation of Canada. All proceeds from this lottery will fund Heart and Stroke Foundation research and health promotion to benefit residents of Ontario.

Iran's President Hassan Rouhani kisses the head of Armita, the daughter of Iranian researcher Darioush Rezaeinejad, who was assassinated in 2011, after Iran and world powers came to an agreement in Geneva on its nuclear program.

IRAN'S PRESIDENCY OFFICE, MOHAMMAD BERNO/THE ASSOCIATED PRESS

Iran agrees to curb nuke activity

Breakthrough deal. Commits Iran to freeze its nuclear activities for six months; allows time to negotiate a better deal

Iran struck a historic deal Sunday with the United States and five other world powers, agreeing to a temporary freeze of its nuclear program in the most significant agreement between Washington and Tehran in more than three decades of estrangement.

Iranian President Hassan Rouhani endorsed the agreement, which commits Iran to curb its nuclear activities for six months in exchange for limited and gradual sanctions relief, including access to $4.2 billion from oil sales. The six-month period will give diplomats time to negotiate a more sweeping agreement.

It builds on the momentum of the public dialogue opened during September's annual UN gathering, which included a 15-minute phone conversation between President Barack Obama and moderate-leaning Rouhani, who was elected in June.

The package includes freezing Iran's ability to enrich uranium at a maximum five per cent level, which is well below the threshold for weapons-grade material and is aimed at easing Western concerns that Tehran could one day seek nuclear arms.

Obama hailed the pact's provisions, which include curbs on Iran's enrichment and other projects that could be used to make nuclear arms, as key to preventing Iran from becoming a nuclear threat.

"Simply put, they cut off Iran's most likely paths to a bomb," he told reporters.

For Iran, keeping the enrichment program active was critical. Iran's leaders view the country's ability to make nuclear fuel as a source of national pride.

THE ASSOCIATED PRESS

Strange bedfellows

Israel and Western-allied Gulf countries led by Saudi Arabia have formed an unlikely alliance in their opposition to Sunday's deal, joined together by shared concerns about a nuclear-armed Iran and Tehran's growing regional influence.

- Israel's PM harshly condemned the deal and Saudi Arabia remained conspicuously quiet.
- Israel's Benjamin Netanyahu said the world had become a "more dangerous place" as a result of the deal.

Skeptical

Baird takes tough stance on new deal

The Canadian government was "deeply skeptical" on Sunday of Iran's agreement to temporarily freeze its nuclear program, saying Ottawa's sanctions against the regime would remain firmly in place until the new deal's words turned into actions.

Foreign Affairs Minister John Baird took a stronger stance on the newly brokered deal than the United States and other allies, saying Canada would be watching Iran closely.

"We have made-in-Canada foreign policy," he told reporters on Sunday.

"We think past actions best predict future actions. And Iran has defied the United Nations Security Council, it has defied the International Atomic Energy Agency. Simply put Iran has not earned the right to have the benefit of the doubt." Baird added "every diplomatic measure" should be taken to ensure Iran never obtains nuclear weapons. THE CANADIAN PRESS

EARN POINTS EVERYWHERE
EVEN AT THE COFFEE SHOP

HUDSON'S BAY
REWARDS

Collect Hudson's Bay Rewards points faster

Use your Hudson's Bay MasterCard® everywhere MasterCard is accepted and redeem your points for Hudson's Bay Gift Cards sooner.

Learn more at earnfaster.ca

Hudson's Bay, Hudson's Bay Rewards, Hudson's Bay Credit, hbc.com and their associated designs are trademarks of Hudson's Bay Company. **Credit is extended by Capital One Bank (Canada Branch).** Capital One® is a registered trademark of Capital One Financial Corporation. MasterCard and the MasterCard brand mark are registered trademarks of MasterCard International Incorporated. All marks used under licence. © 2013 Capital One. All rights reserved.

Outed as users. Medical marijuana patients plan to sue Health Canada

Thousands of Canadians across the country are planning a class action lawsuit against Health Canada after they were outed as medical marijuana users in a mass mail-out last week.

Cannabis in Canada Society founder and director Jason Wilcox said that at least one person has lost his job over the gaffe and thousands more fear their gardens may be targeted and their houses robbed.

The fear is the result of Health Canada sending out 40,000 documents to patients in white envelopes with the words "Marihuana Medical Access Program" written across the top, followed by the patient's name and address.

Wilcox and Scott McCluskey are the named plaintiffs in the case and will represent up to 40,000 Canadians who have been affected.

"We want the government to see the potential fallout," said Wilcox, adding that he worries for patients who live in small towns, especially those who reside in a "right-wing, conservative town that is anti-marijuana."

"If you're in a small town, you are more exposed. If it goes into the neighbour's mailbox, which often happens with Health Canada, you're exposed. And everybody that's in a small town talks."

Health Canada deputy minister George Da Pont said last week the format of the mailing was the result of an "administrative error." He said the letters outlining changes to the Marihuana Medical Access Program, which take effect next spring, were sent to 40,000 patients.

According to the letter, among the reasons for changes to the rules, which will prohibit patients from growing their own marijuana at home, is concern that participants in the program will be targets of home invasions. Da Pont went on to say the mail-out was "not standard Health Canada practice."

TREVOR GREENWAY/METRO IN OTTAWA

Adoption rules strand Canadian in Pakistan

Stuck. Bureaucracy won't allow family to bring adopted boy from Pakistan to Canada

Waheeda Afridi was proud when she became a Canadian citizen nearly a decade ago, but now feels only anger and frustration over a bureaucracy that she says has abandoned her and her adopted son overseas.

The Saskatoon woman and her husband, unable to have children of their own, became guardians of her nephew in Pakistan shortly after he was born there in 2010. But the family has been unable to bring the boy to Canada. Caught in the middle of changing and confusing Canadian rules around the adoption of Pakistani children, Afridi hasn't been back to Saskatoon since she and her husband first went to Pakistan to get the child three years ago.

Quoted

"What is going to happen? Are we going to be home soon?"

Waheeda Afridi, adoptive mother, on the uncertainty she and her son face due to changing adoption rules.

Ajjab Afridi and his adoptive mother, Waheeda Afridi, are shown in a handout photo. THE CANADIAN PRESS/CONTRIBUTED

She won't leave without her little boy, Ajjab. She says she'd die first.

"I cannot sleep at night. Every night it spins around in my mind: What is going to happen? Are we going to be home soon? When are we going to go back?" Afridi, 38, told The Canadian Press in a phone interview from Ankara, Turkey.

Afridi had been living with family in Pakistan under constant threat of violence from the Taliban and bomb attacks. She and Ajjab were recently able to fly to Turkey on a visitor's visa. She says that visa expires in mid-December and she doesn't know what she'll do then. She hopes she and her son won't have to return to Pakistan.

A spokeswoman with the federal immigration department says she can't comment on the case because it's before the court. But, in general, Sonia Lesage says adoption rules in Canada and Pakistan have "legal incompatibilities."

THE CANADIAN PRESS

$100 OFF THE SAMSUNG S4? IT'S A HOLIDAY MIRACLE.

Hurry in for this exclusive deal, plus the best advice on your choice of networks and plans.

WIRELESSWAVE™ THE MOBILE EXPERTS

LIMITED TIME ONLY
SAMSUNG GALAXY S4
$179.95
NOW ONLY
$79.95*

Bell ROGERS Virgin mobile

At a mall near you
wirelesswave.ca

*Limited time offer. Some conditions apply. See in-store for details. Subject to change without notice.

MONDAY, NOVEMBER 25

TODAY ONLY

IN STORE AND AT THEBAY.COM. FREE ONLINE SHIPPING OVER $99

See below for details.

50% off Women's sweaters

by DEX, CHAPS, I.N.C INTERNATIONAL CONCEPTS, JESSICA SIMPSON, STYLE&CO., KAREN SCOTT, PETER NYGÅRD and more

See below for exclusions.

50% off Women's dresses

in our dress department.

See below for exclusions.

HUDSON'S BAY

Be the first to know about our One Day Sales. Sign up at thebay.com or follow us on:

We CAN *own the podium*

$10 at thebay.com/olympic

$3.33 from the purchase of every pair is donated to Canadian athletes through the Canadian Olympic Foundation. *Exclusively ours.*

No rain checks and no price adjustments. No pre-orders or telephone orders. Offer available while quantities last. Cannot be combined with other offers. Selection may vary by store. Savings are off our regular prices unless otherwise specified. See in store for details. **Women's dresses** excludes JKara, New Spring Arrivals, Lauren Ralph Lauren, Adrianna Papell, Xscape, Jax, David Meister, Vera Wang, Badgley Mischka, Tadashi Shoji and Calvin Klein $175 & up. **Women's sweaters** exclude Lord & Taylor Cashmere sweaters, The Room and TOPSHOP, New Spring Arrivals and items with 99¢ price endings. See store for more details.
FREE SHIPPING: Receive free standard shipping on a total purchase amount of $99 or more before taxes. Offer is based on merchandise total and does not include taxes or any additional charges. Free standard shipping is applied after discounts and/or promotion code offers. Offer not valid at Hudson's Bay or any other HBC stores. Additional fees apply for Express or Next Day Shipping. Applies to Canadian delivery addresses only. Excludes furniture, canoes, patio furniture, patio accessories, barbecues and mattresses.

Computer system is learning common sense

Artificial intelligence

NEIL system learns to make decisions

Researchers are trying to plant a digital seed for artificial intelligence by letting a massive computer system browse millions of pictures and decide for itself what they all mean.

The system at Carnegie Mellon University is called NEIL, short for Never Ending Image Learning. In mid-July, it began searching the Internet for images 24-7 and, in tiny steps, is deciding for itself how those images relate to each other. The goal is to recreate what we call common sense — the ability to learn things without being taught.

The project is funded by Google and the U.S. Department of Defense's Office of Naval Research.

THE ASSOCIATED PRESS

KEITH SRAKOCIC/THE ASSOCIATED PRESS

Quoted

"Any intelligent being needs to have common sense to make decisions."

Abhinav Gupta, a professor in the Carnegie Mellon Robotics Institute, shown above, looking over one of the clusters of computers used in the research project.

Connecting the dots

4

In just over four months, the network of 200 processors has identified 1,500 objects and 1,200 scenes and has connected the dots to make 2,500 associations.

Figuring out connections

Professor pleased with NEIL's progress

NEIL uses advances in computer vision to analyze and identify the shapes and colours in pictures, but it is also slowly discovering connections between objects on its own. For example, the computers have figured out that zebras tend to be found in savannahs and that tigers look somewhat like zebras.

Gupta is pleased with the initial progress. In the future, NEIL will analyze vast numbers of YouTube videos to look for connections between objects.

NEIL's future

Neither Mountain View, Calif.-based Google Inc. nor the Office of Naval Research responded to questions about why they're funding NEIL, but there are some hints.

- The Navy's website notes: "In many operational scenarios, the human presence is not an option." In other words, computers may make some of the decisions in future wars.
- NEIL's motto is "I Crawl, I See, I Learn," and the researchers hope to keep NEIL running forever. That means the computer might get a lot smarter. Or it might not.

The Gift of POSSIBILITIES

one card. a million options.

AVAILABLE IN DENOMINATIONS FROM $25 UP TO $250

SHOPPERS DRUG MART · 7-ELEVEN · GIANT TIGER · Longo's · PETRO-CANADA · EB GAMES · Mac · PIONEER

THE VANILLA PREPAID MASTERCARD® IS ISSUED BY PEOPLES TRUST COMPANY PURSUANT TO LICENSE BY MASTERCARD INTERNATIONAL. MASTERCARD AND THE MASTERCARD BRAND MARK ARE REGISTERED TRADEMARKS OF MASTERCARD INTERNATIONAL INCORPORATED. THE VANILLA VISA® PREPAID CARD IS ISSUED BY PEOPLES TRUST COMPANY PURSUANT TO LICENSE BY VISA INT. VANILLA PREPAID PRODUCTS ARE DISTRIBUTED BY INCOMM CANADA PREPAID, INC.

RETAILER LOCATIONS MAY VARY BY PROVINCE.

INCOMM CANADA

Zoom so close you can count every eyelash.

Or whisker, in some cases.

Get the Nokia Lumia 1020 smartphone from TELUS with great features like:

- Amazing high-resolution zoom
- 41 megapixel camera sensor
- HD video recorder

Plus, enjoy **2,000 free prints from Black's** when you purchase a Nokia Lumia 1020 on a 2 year term from TELUS.*

Learn more at **telusmobility.com/nokialumia1020** or visit your local Black's or TELUS store.

TELUS
the future is friendly®

TELUS STORES & AUTHORIZED DEALERS

Ajax
RioCan Durham

Aurora
Aurora Gateway Centre

Bolton
Bolton Power Centre

Brampton
Bramalea City Centre
233 Queen St East
52 Queen St East

Burlington
Burlington Mall
Mapleview Mall

Concord
160 Cidermill Ave
200 Edgeley Blvd

Courtice
1414 King St East

Downsview
5050 Dufferin St

Etobicoke
Sherway Gardens
980 Albion Rd
1500 Royal York Rd
1750 The Queensway

Georgetown
Georgetown Marketplace

Maple
10019 Keele St

Markham
Markville Shopping Centre
Pacific Mall
95 Royal Crest Court

Milton
Milton Crossroads
9075 Derry Rd

Mississauga
Erin Mills Town Centre
Heartland Town Centre
Square One
110 Matheson Blvd

Newmarket
Upper Canada Mall
1100 Gorham St

North York
2899 Steeles Ave West
The Queensway

Oakville
Oakville Place
760 Pacific Rd
2150 Winston Park Dr
250 Wyecroft Rd
2501 3rd Line

Oshawa
Oshawa Centre
Taunton/Harmony Plaza

Pickering
Pickering Town Centre
1755 Pickering Pkwy

Richmond Hill
Hillcrest Mall
11005 Yonge St

Scarborough
Scarborough Town Centre
Warden/Eglinton Power Centre
1184 Kennedy Rd
2281 Kingston Rd

Stouffville
Stouffville Walmart Centre

Thornhill
Promenade Mall
7040 Yonge St
7378 Yonge St

Toronto
Bayview Village Shopping Centre
Beaches
Bloor West Village
Dufferin Mall
Exchange Building
Fairview Mall
Gerrard Square
Shops at Don Mills
Toronto Eaton Centre
Woodbine Centre
Yonge & Eglinton
Yorkdale
25 York St
67 Mowat Ave
361 Queen St West
455 Danforth Ave
720 King St West
727 Bloor St West
865 York Mills Rd
1061 St. Clair Ave West
2700 Dufferin St

Vaughan
Vaughan Mills
81 Zenway Blvd

*Offer valid until November 28, 2013, with the purchase of a Nokia Lumia 1020 at TELUS or Black's locations on a 2 year term with a TELUS rate plan. Black's "Prints for Life" card can be used as payment for up to 2,000 4 x 6 prints. It has no cash value and customers can redeem the card at any Black's location or online at Blacks.ca. "Prints for Life" card may be used for other print sizes, but redemption rates vary for each size. "Prints for Life" cards will be mailed within 4 to 6 weeks of email receipt and validation of eligibility. Black's reserves the right to modify offer details and pricing anytime without advance notice. TELUS, the TELUS logo, the future is friendly and telusmobility.com are trademarks of TELUS Corporation, used under licence. Black's is a trademark of Black's Partnership/Blacks s.e.n.c. All other trademarks are the property of their respective owners. © 2013 TELUS.

First Nations exposed to toxins

Pollution hot spot. 40 per cent of Canada's chemical industry is clustered at the southernmost tip of Lake Huron between Ontario and Michigan

A new study is drawing attention to the health problems being faced by a First Nations community living near one of Canada's most industrialized areas.

Members of the Aamjiwnaang First Nation living on a reserve near Sarnia have long suspected harmful chemicals were behind an unusually low male birth rate and slew of other reported health issues.

Now, tests performed by a McGill University professor suggest mothers and children are being exposed to higher-than-average levels of harmful hormone-blocking pollutants.

While the study doesn't prove that the pollutants are to blame for earlier research that found baby girls outnumbered boys by a two-to-one ratio in the community, it does suggest a possible link.

The reserve at the centre of the study is located near a patch of southern Ontario that some environmental activists call "chemical valley."

There are 60 industrial facilities found within a 25 kilometre radius of Aamjiwnaang lands.

"It's the first study to really show that mothers and children in the area are exposed to a number of pollutants," said Niladri Basu, a McGill professor and the study's lead author.

More detailed research is needed to establish a connection between pollutants, health risks and the surrounding environment, Basu said.

Residents of Aamjiwnaang have been calling for such a study for years, though a lack of funding continues to impede more detailed research.

Ada Lockridge, who helped found Aamjiwnaang's environmental committee, said pollution is a fact of life for the reserve's roughly 800 residents.

Like others in the community, Lockridge keeps a special plastic bucket — as part of a group known as the "bucket brigade" — to collect environmental samples that can be tested for toxins whenever the air seems especially poor. The results are sent to a U.S.-based monitoring organization.

THE CANADIAN PRESS

Health problems

A 2006 community survey by Aamjiwnaang's environment committee cited a number of health issues, including miscarriages, chronic headaches and asthma.

- Forty per cent of band members surveyed required an inhaler.

Old bones

Vatican displays remains said to belong to St. Peter

The Vatican publicly unveiled a handful of bone fragments on Sunday purportedly belonging to St. Peter, reviving the scientific debate and tantalizing mystery over whether the relics found in a shoe box truly belong to the first pope.

The nine pieces of bone sat nestled like rings in a jewel box inside a bronze display case on the side of the altar during a mass commemorating the end of the Vatican's yearlong celebration of the Christian faith. It was the first time they had ever been exhibited in public.

THE ASSOCIATED PRESS

London dishoveled by first big snowfall

Evelyn McLean, a third-year MIT student at London's Western University, clears the sidewalk in front of her house. Ontario got its first real blast of winter on the weekend, with London seeing 30 centimetres of snow, forcing the city to shut down its community centres and pools. MARK SPOWART/FOR METRO IN LONDON

Catch-22. Legal pot in U.S. could spell trouble for Canadian travellers

Todd Spaits believes his home state of Washington could one day be the Amsterdam of the United States, with everyone from die-hard pot heads to the curious but uninitiated visiting for the novelty of legally buying and smoking marijuana.

And Spaits, who has already applied for a licence to open a retail store in the Seattle area once the state implements its legalization scheme, hopes Canadians will be among his customers.

But legal experts warn anyone heading into the United States planning to indulge in legal marijuana could run into problems if they disclose those plans at the border, with customs officers who enforce federal, not state, laws able to use information about travellers' pot-smoking habits to turn them away or even bar them from entering indefinitely.

A man smokes cannabis in a coffee shop in Amsterdam. Will new laws make Washington state the U.S. equivalent? JASPER JUINEN/GETTY IMAGES FILE

THE CANADIAN PRESS

MONDAY, NOVEMBER 25 TO WEDNESDAY, NOVEMBER 27

Get **18,500** **SHOPPERS OPTIMUM BONUS POINTS®**

WHEN YOU SPEND $75 OR MORE† ON ALMOST ANYTHING IN THE STORE.

THAT'S A **$25** SAVINGS VALUE!

FREE feels good™

PLUS RED HOT SAVINGS Saturday, November 23 to Friday, November 29

$75 each

FRAGRANCE SAMPLER & CERTIFICATE
FOR HIM or HER

19.99 each

VIVIENNE WESTWOOD
NAUGHTY ALICE EAU DE PARFUM (50mL), **CLOSER BY HALLE BERRY** or **CELINE DION** PARFUMS GIFT SET
Selected Types
While quantities last. No rainchecks

8.99 each

AVEENO, L'ORÉAL, NEUTROGENA
CLEANSING CLOTHS or FACIAL CLEANSERS
Selected Types & Sizes

3.99 each

AXE SHAMPOO (355mL) or **TRESEMMÉ** HAIR CARE PRODUCTS
Selected Types & Sizes
While quantities last. No rainchecks

30% off*

L'ORÉAL TELESCOPIC EYE, COLOUR RICHE LIP or TRUE MATCH MAKEUP PRODUCTS
Selected Types

3/9.99

COCA-COLA or **PEPSI**
BEVERAGES 12 x 355mL
Selected Flavours
or 3.99 each. Limit 6

59¢ each

LIFE BRAND PAPER TOWELS (2 Roll), 2 PLY (136's) or 3 PLY (90's) FACIAL TISSUE
Limit 4. After limit 89¢

25% off*

LIFE BRAND ASA DAILY LOW DOSE TABLETS (30's - 180's) or IBUPROFEN PAIN RELIEF PRODUCTS
Selected Types & Sizes

6.99 each

LIFE BRAND SPECTRUM VITAMIN CAPLETS (80's - 130's), COMPLETE MEAL REPLACEMENT (6 x 235mL) or ON THE GO NUTRITIONAL (6 x 237mL) SHAKE Selected Types

6.99 each

BENYLIN COUGH SYRUP (100mL), **TYLENOL** COUGH & COLD CAPLETS or EZ TABS (20's)
Selected Types

3.99 each

LIFE BRAND SHAMPOO (420mL) or **DOVE** HAIR CARE PRODUCTS
Selected Types & Sizes
While quantities last. No rainchecks

2.99 each

LIFE BRAND MOUTHWASH (1L), **COLGATE** OPTIC WHITE TOOTHPASTE (85mL - 140mL) or MANUAL TOOTHBRUSH (1's)
Selected Types

1.99 each

LAY'S
CHIPS 180g
Selected Types
Limit 4. After limit 2.99

1.99 each

SIMPLY FOOD GOOD FOR LIFE GRANOLA BARS (5's) or **PEEK FREANS** COOKIES
Selected Types & Sizes

THURSDAY, NOVEMBER 28TH IS SENIORS' DAY

SAVE 20% WITH A SHOPPERS OPTIMUM CARD* ON REGULAR PRICED MERCHANDISE.** BONUS OFFER

RECEIVE A $10 SHOPPERS DRUG MART BONUS CARD ON A PURCHASE OF $50 OR MORE.††

While quantities last. We reserve the right to limit quantities. *Our Regular Price. †Offer valid on the purchase total of eligible products using a valid Shoppers Optimum Card® after discounts and redemptions and before taxes from Monday, November 25 to Wednesday, November 27, 2013 only. Maximum 18,500 points per offer regardless of total dollar value of transaction. Excludes prescription purchases, products that contain codeine, non-pointable items, tobacco products (where applicable), lottery tickets, stamps, transit tickets and passes, event tickets, gift cards, prepaid card products and Shoppers Home Healthcare® locations. Offer applies to photofinishing services that are picked up and paid for on the days of the offer only. Not to be used in conjunction with any other points promotions or offers. See cashier for details. Shoppers Optimum Points® and Shoppers Optimum Bonus Points® have no cash value but are redeemable under the Shoppers Optimum and Shoppers Optimum Plus programs for discounts on purchases at Shoppers Drug Mart. The savings value of the points set out in this offer is calculated based on the Shoppers Optimum Program® rewards schedule in effect at time of this offer and is strictly for use of this limited time promotion. The savings value obtained by redeeming Shoppers Optimum Points will vary depending on the Shoppers Optimum Program reward schedule at time of redemption and other factors, details of which may be found at shoppersdrugmart.ca. ® 911979 Alberta Ltd. **Discounts apply to our regular prices on all merchandise purchased by seniors and their accompanying family members with a valid Shoppers Optimum Card®. Discounts exclude sale items, prestige cosmetics, prestige fragrances, prescription purchases, products with codeine, insulin, non-pointable items, tobacco products (where applicable), newspapers, stamps, passport photos, lottery tickets, event tickets, transit tickets and passes, electronic gift cards, prepaid phone cards, milk where discount is prohibited by law and any other items where regulations apply. Offer applies to photofinishing services that are picked up and paid for on the advertised date of the promotion. Discounts may not exceed $50. See cashier for details. ® 911979 Alberta Ltd. ††Offer valid on the purchase total of eligible products of $50 or more after discounts and redemptions and before taxes. Excludes prescription purchases, products with codeine, insulin, non-pointable items, tobacco products (where applicable), prestige cosmetics, prestige fragrances, stamps, passport photos, lottery tickets, event tickets, transit tickets and passes, electronic gift cards, prepaid phone cards, milk where discount is prohibited by law and Shoppers Home Health Care locations. One $10 Bonus Card per transaction per customer. See reverse of the $10 Bonus Card for expiry date (Dec.19, 2013) and usage terms. Not to be used in conjunction with any other Shoppers Drug Mart promotions or offers. While quantities last. See cashier for details. ® 911979 Alberta Ltd.

SHOPPERS DRUG MART

SARS-like virus

Another fatality in Saudi Arabia

Saudi Arabia says one more person has died from a new respiratory virus related to SARS, bringing to 55 the number of deaths in the kingdom at the centre of the outbreak.

The Health Ministry said Sunday that the 37-year-old man died in Riyadh. He was among 130 people who have been infected with the virus in Saudi Arabia since September last year.

The virus emerged in the Middle East and can cause rapid kidney failure but doesn't seem as infectious as SARS. It has been dubbed MERS, or Middle East respiratory syndrome.

SARS killed some 800 people in 2003.

THE ASSOCIATED PRESS

50,000 march in Ukraine urging Kyiv to sign EU deal

Opposition protesters and riot police clash in front of the Ukrainian Cabinet of Ministers in Kyiv, Ukraine, Sunday. ANDREW KRAVCHENKO/THE ASSOCIATED PRESS

Spurn Russia rally. Protest biggest since the peaceful 2004 Orange Revolution

About 50,000 people rallied in the centre of Kyiv on Sunday to demand that Ukraine's government reverse course and sign a landmark agreement with the European Union in defiance of Russia.

The rally was led by top opposition figures, who called for the protests to continue until President Viktor Yanukovych agreed to sign the free trade and political association deal with the EU at a summit on Friday.

Sunday's demonstration was sparked by anger over the government's sudden move last week to pull out of the EU agreement and focus instead on trade ties with Russia, under strong pressure from Moscow.

After the rally at European Square, dozens of protesters clashed with police and pro-Russia activists near the government building, while another standoff took place outside Yanukovych's office.

In an emotional letter read to demonstrators by her daughter, imprisoned former prime minister Yulia Tymoshenko called on Ukrainians to continue demonstrating until Yanukovych signed the EU deal. "Don't let him humiliate us all in this way," Eugenia Tymoshenko read out, shaking from cold and emotion. "It's our roadmap to a normal life."

One key EU demand for signing the deal is the release of Tymoshenko. Yanukovych narrowly defeated Tymoshenko in the 2010 presidential election. He comes up for re-election in 2015, and Tymoshenko accuses him of keeping her behind bars to prevent her from running.

THE ASSOCIATED PRESS

ROADSPORT CREDIT
NEED A CAR LOAN BUT HAVE CREDIT PROBLEMS?
BANKRUPTCY | NO CREDIT | BANK TURN DOWNS | NO DOWN PAYMENT
APPROVED! CONTACT NORTON TODAY!
Call 416.670.5012 or email ngabriel@roadsportchrysler.ca
Apply Online noproblemcarloans.ca/application

OAC
2851 Eglinton Ave. E. Scarborough | RoadsportChrysler.ca | 416.264.2501 | noproblemcarloans.ca/application

DUST allergies?
Topstone Research is looking for volunteers 18 to 65 years of age who suffer from Dust allergies and have asthma that requires use of medication.
Participate in a clinical research study testing an investigational therapy and you may receive up to $650.

1-855-867-5577
ihatemyallergies.com
TOPSTONE
Targeted. Precise. Results.

BioPharma Services Inc.
Are you a healthy, non-smoking male or female 18 years of age or older?
• Free of daily medications?
If so, you may be eligible for our upcoming clinical research studies.
• We conduct weekday as well as weekend studies.
• Compensation may range from $900 to $2650 depending on the length of the study.

CALL: 416-747-5246
TOLL FREE: 1-866-747-5246
Mon-Fri: 8-8
www.biopharmaservices.ca

LIMITED TIME OFFER

fido

See how affordable our plans can be

$39 per month[1]

- **Unlimited** Messaging[2] (international Text, Picture and Video messages)
- **Unlimited** weekends and evenings from 5 p.m., Canada-wide[3]
- 400 MB of data[4]
- 400 Canada-wide daytime minutes[3]
- Call Display and Voicemail[5]

Nexus 4

And introducing Fido Check-In

Customer service that fits **your schedule**[6]
Fido.ca/Check-In

Another Fido ADVANTAGE

Fido Check-In NEW • LiveANSWERS™ • FidoDOLLARS™ • Tab24

It's time to switch. Visit a store, call 1-866-301-3436 or go to fido.ca.

FIDO STORES

AJAX
Westney Heights Plaza

AURORA
14879 Yonge Street

BARRIE
Cedar Pointe
Georgian Mall

BRAMPTON
105 Kennedy Road
Bramalea City Centre
Georgetown Market Place
Shoppers World

BRANTFORD
Lynden Park Mall

BURLINGTON
Burlington Mall
Mapleview Shopping Centre

CAMBRIDGE
Cambridge Centre

COBOURG
Northumberland Mall

CONCORD
Vaughan Mills

GUELPH
Stone Road Mall

HAMILTON
77 James Street North
Eastgate Square
Jackson Square Mall
Lime Ridge Mall

KITCHENER
Fairview Park Mall

LONDON
Masonville Place
Westmount Mall
White Oaks Mall

MARKHAM
9-570 Alden Road
3255 Highway 7 East, Unit 126
8339 Kennedy Rd, South Unionville SQ
Albion Mall
Markville Shopping Centre
Pacific Mall, Unit E28, C3

MILTON
Milton Mall

MISSISSAUGA
Dixie Outlet Mall
Erin Mills Town Centre
Sheridan Centre
South Common
Square One Shopping Centre
Westwood Mall

NEWMARKET
Upper Canada Mall

NORTH YORK
Centerpoint Mall
Fairview Mall
Yorkdale Shopping Centre

OAKVILLE
Oakville Place

OSHAWA
Oshawa Centre

PICKERING
Pickering Town Centre

RICHMOND HILL
Hillcrest Mall

SCARBOROUGH
4438 Sheppard Avenue East, Unit 127
4675 Steeles Avenue East, Unit 1D18
Bridlewood Mall
Scarborough Town Centre
Woodside Square

ST. CATHARINES
Pen Centre Mall

THORNHILL
Rutherford Road
The Promenade Shopping Centre

TORONTO
607 Bloor Street West
3015 Bloor Street West
2400 Eglinton Avenue
1911 Finch Avenue West, Unit K11
333 King Street East
944 Kingston Road
1712A Queen Street East
290 Queen Street West
1448 Queen Street West
222 Spadina Avenue, Unit 3A
363 Yonge Street
2300 Yonge Street, Unit S22, concourse level
2674 Yonge Street
5150 Yonge Street, Unit G3
6064 Yonge Street
Agincourt Mall
Cedarbrae Mall
College Park
Dufferin Mall
East York Town Centre
Eglinton Square Shopping Centre
First Canadian Place
Gerrard Square
Lawrence Square
Liberty Village Cellworks
Liberty Village Intown
Oriental Centre Mall
Parkway Mall
Richmond Adelaide Centre
Sherway Gardens
Toronto Eaton Centre
Westwood Mall
Woodbine Centre
Yorkgate Mall

WATERLOO
Conestoga Mall

WHITBY
1549 Dundas Street East

WINDSOR
Devonshire Mall
Tecumseh Mall

WOODBRIDGE
9200 Weston Road

FUTURE SHOP · BEST BUY · WIRELESSWAVE · Tbooth wireless · COSTCO WHOLESALE · WIRELESS etc... · CELLULAPOINT · BATTERIES N' gadgets · Walmart · THE MOBILE SHOP · MOBILE

Offers end December 2, 2013 and are subject to change without notice. Taxes extra. **1.** Standard plans available monthly or with a 2-year Tab24 agreement. Data is a monthly service with Standard plans. Additional long distance, roaming, data, add-ons, provincial 9-1-1 fees (if applicable) and taxes are extra & billed monthly. **2.** Plans include messages sent from Canada to Canadian, U.S. and international wireless numbers. Sent/received premium messages (alerts, messages related to content and promotions) and messages sent while roaming not included and charged at applicable rates. **3.** Airtime includes calls from Canada to Canadian numbers only, billed by the minute. Each additional minute costs 45¢ (20¢ for Call Forwarding). **4.** Additional data: $5 /250 MB, charged in $5 increments. Visit **fido.ca/roaming** to learn more about data roaming pay-per-use rates. **5.** Service includes up to 3 messages, each 3 minutes in length that can be saved up to 3 days. **6.** Not offered with Prepaid service. Only the account holder is authorized to book an appointment. Shcedule varies; visit **fido.ca/check-in**. © 2013

UNIVERSITY OF TORONTO SCHOOL OF CONTINUING STUDIES

Learn more.

Tim Chuang

Student, **Business Communications**, holds a Master's degree and the Personal Financial Planner designation.

"My career advanced greatly after attending courses offered by the School. I am now working as a branch manager for one of Canada's major banks."

From Business to Arts, Creative Writing to Languages, we offer boundless opportunity to enhance your skills and enrich your life.

Classes are available in-class at U of T St. George, U of T Mississauga, U of T Scarborough and online. For easy registration or a course catalogue, call **416-978-2400** or visit us at:

learn.utoronto.ca

UNIVERSITY OF TORONTO
SCHOOL OF CONTINUING STUDIES

Waging a war against the F-bomb

fbomb.co. A 22-year-old student hopes his site will get Twitter users to think before dropping the F-word

It gets dropped without warning and can strike anywhere in the world, laying waste to rational arguments and leaving a trail of offended sensibilities in its wake.

But the linguistic threats posed by the F-bomb on Twitter pale in comparison to its entertainment value, according to a Canadian computer science student who has made it his mission to track the global prevalence of this word-based weapon on the social networking site.

Martin Gingras's fascination with the popular profanity prompted him to create fbomb.co, a website that tracks the use of the word in real time.

By combining features from two of the web's most widely used applications — Google Maps and Twitter — the site allows readers to observe where in the world F-bombs are falling. THE CANADIAN PRESS

A young Emily Post?

Martin Gingras said his personal distaste for swearing may have given his otherwise light-hearted venture a bit of an agenda after all.

- "It's more of an entertainment thing, but once people are on it, hopefully they read through a couple and realize how ridiculous it sounds."

Failed '1:12 initiative'

Switzerland rejects plan to cap top managers pay

Swiss voters soundly rejected on Sunday a proposal to limit the pay of companies' highest-paid managers to 12 times that of their lowest-paid workers. THE ASSOCIATED PRESS

Canada's seal hunt

WTO to rule on seal products

Advocates for and against Canada's commercial seal hunt will be watching Monday as the World Trade Organization rules on the EU's ban on imported seal products. THE CANADIAN PRESS

Random biz fact of the day

16

On average, job seekers use 16 different sources when searching for a job. CAREERBUILDER

Learning from wise old owls

Inspired by a collection of Canadian owl feathers, an international team of engineers is studying the nocturnal birds of prey, hoping the mysteries of their stealthy flight might lead to improvements in the design of everything from aircraft to submarines. The team has studied the design of owl wings in microscopic detail to try to figure out how the majestic birds remain so silent in flight, swooping down on prey without warning. THE CANADIAN PRESS

U.S. warship. Boldly using electric propulsion

Captain Kirk's futuristic-looking vessel sports cutting-edge technology, new propulsion and powerful armaments, but this ship isn't the Starship Enterprise.

The skipper of the stealthy Zumwalt is Navy Capt. James Kirk, and yes, he's used to the jokes about the name he shares with the TV starship commander played by actor William Shatner.

Kirk takes it in stride.

While it's no starship, the technology-laden Zumwalt taking shape at Maine's Bath Iron Works is unlike any other ship. It's the first U.S. surface warship to use electric propulsion, and its power plant is capable of producing enough electricity to light up a small city and to power future weapons like the electromagnetic rail gun. THE ASSOCIATED PRESS

The Zumwalt destroyer moored in Bath, Maine. THE ASSOCIATED PRESS FILE

YORKDALE DUFFERIN MAZDA
WE DO IT BETTER, WE DO IT FOR YOU!
ULTIMATE FALL CLEAR OUT
2014 $0 DOWN LEASE SPECIALS

2014 Mazda 3
$94/bi-weekly
60 Month lease
$0 down Excludes HST
STANDARD FEATURES INCLUDE: 2.0L skyactive engine, 155HP, 6 speed transmission, Bluetooth, CD/AM/FM 4 speakers, Push button start, USB input Key less entry, Disc brakes, ABS, Traction control, 6 air bags, 16" wheels, Power windows and side mirrors Power locks
GT Model Shown
MODEL CODE: D4XK64 AA00

2014 Mazda 3 Sport
$100/bi-weekly
60 Month lease
$0 down Excludes HST
STANDARD FEATURES INCLUDE: 2.0L skyactive engine, 155HP, 6 speed transmission, Bluetooth, CD/AM/FM 4 speakers, Push button start, USB input, Disc brakes, ABS, Traction control, 6 air bags, 16" wheels, Key less entry, Power windows, Power mirrors, Power locks
GT Model Shown
MODEL CODE: D5XK64 AA00

2014 Mazda 6
$148/bi-weekly
60 Month lease
$0 down Excludes HST
STANDARD FEATURES INCLUDE: 2.5 L Skyactive Engine, 184HP, 6 Speed transmission, Heated front seats, 5.8' colour touch screen, Push button start, USB input, LED tail lights, 17" alloys wheels, Blue tooth, Cruise control, Trip computer, Ventilated disc brakes, Traction control, 6 air bags
GT Model Shown
MODEL CODE: G4XL64 AA00

2014 Mazda CX 5
$146/bi-weekly
60 Month lease
$0 down Excludes HST
STANDARD FEATURES INCLUDE: 2.0L Skyactive engine, 155HP, 6 speed transmission, Cruise control, CD/AM/FM 4 speakers, Push button start, USB input, Key less entry, Disc brakes, ABS, Traction control, 6 air bags, 16" wheels, Power windows, Power mirrors
GT Model Shown
MODEL CODE: NVXK64 AA00

www.YorkdaleDufferinMazda.ca
416-789-4521
2451 DUFFERIN STREET

DISCLAIMER: †OFFER AVAILABLE ON RETAIL LEASES OF NEW 2014 MAZDA3 GX, 2013 MAZDA 3 SPORT GX, 2014 CX-5 GX,2014 MAZDA 6 GX WITH A LEASE APR OF 3.99%//3.99%//2.49%//2.99% .LEASE PAYMENTS INCLUDE FREIGHT AND P.D.E. 20,000 KM PER YEAR MILEAGE ALLOWANCE APPLIES; IF EXCEEDED, ADDITIONAL 8¢ PER KM APPLIES. OFFERS EXCLUDE HST, LICENSE AND PPSA. OFFERED LEASING AVAILABLE TO RETAIL CUSTOMERS ONLY. OFFERS SUBJECT TO CHANGE WITHOUT NOTICE. OFFERS END NOVEMBER 30TH, 2014. .
VISIT WWW.YORKDALEDUFFERINMAZDA.CA OR CALL 416-789-4521 TO BOOK A TEST DRIVE!

THE HOLIDAYS ARE ALMOST HERE!

IF YOU'RE LOOKING FOR GREAT GIFT IDEAS, BE SURE TO VISIT OXFAM UNWRAPPED. WE HAVE UNUSUAL AND INSPIRING GIFTS LIKE GOATS, CHICKENS, VEGETABLE GARDENS AND SCHOOLBOOKS FOR KIDS.

ABOUT OXFAM CANADA

We live in a rich world. Yet more than a billion people live in poverty, and the gap between rich and poor is widening. Charity as we've known it is not enough.

Oxfam can see a better way. We're a global movement for change – a network that empowers individuals, communities and organizations to build a future free from the injustice of poverty where the rights of women and girls are promoted and respected.

- **We want justice in the world**
- **We speak out for systemic change**
- **We make things happen here and now**

OUR VISION AND MISSION

Oxfam Canada is an affiliate of the international Oxfam Confederation. Together we are 17 organizations networked together in 94 countries, as part of a global movement for change. We work directly with communities, and we seek to influence those in power to ensure that people living in poverty can improve their lives and livelihoods and have a say in decisions that affect them.

We believe that together, people can create a fair world, free of poverty and injustice. A fair world that respects the basic rights of all human beings to:

- earn a decent living to support themselves and their families
- enjoy basic education and health care
- get help in life-threatening disasters
- speak out for their rights
- be treated as be treated as equal

OUR HISTORY

The name "Oxfam" comes from the Oxford Committee for Famine Relief, founded in Britain in 1942. The group campaigned for food supplies to be sent through an allied naval blockade to starving women and children in enemy-occupied Greece during the Second World War.

The first of the "international" Oxfams, Oxfam Canada was founded in 1963 and independently incorporated in 1966. The first Board of Directors included 21 distinguished Canadians. Oxfam began to provide educational materials to schools and undertake advocacy work in public policy development.

Today, Oxfam Canada works with over 100 partner organizations in developing countries; tackling the root causes of poverty and inequity and helping people to create self-reliant and sustainable communities. In Canada, Oxfam is active in education, policy advocacy and building a constituency of support for our work.

THE OXFAM CONFEDERATION AROUND THE WORLD

Oxfam is an international confederation of 17 organizations networked together in 94 countries, as part of a global movement for change, to build a future free from the injustice of poverty.

This global federation increases the effectiveness of individual Oxfams through collaboration in overseas programming and playing a truly international role in advocacy.

The Oxfams work in response to humanitarian needs regardless of race or creed in 94 countries. Together, we raise over $350 million annually.

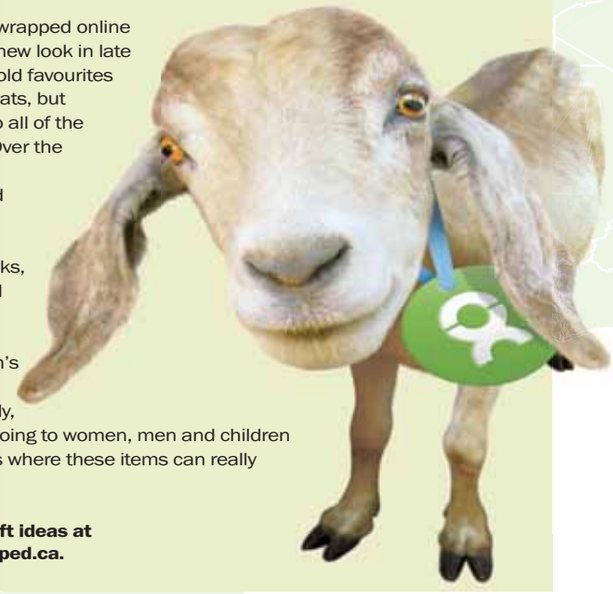
Oxfam International is registered in the Netherlands as a charitable foundation. Funding for Oxfam International staff and operations is provided by the affiliated Oxfam.

Oxfam International's Secretariat is based in Oxford, England. Policy is decided by an international board, consisting of the Chair of the Board/ Trustees and Executive Director of the individual member Oxfam.

OXFAM UNWRAPPED

GREAT GIFTS THAT GIVE TWICE

Oxfam Canada's Unwrapped online gift catalogue got a new look in late 2012. We still have old favourites like chickens and goats, but there's a new look to all of the cards and e-cards. Over the year, thousands of Canadians surprised their friends and families with goats, chickens, schoolbooks, organic gardens and much more, helping raise more than $600,000 for Oxfam's work. Of course, the gifts are in name only, with the real items going to women, men and children in poor communities where these items can really make a difference.



Check out all our gift ideas at www.oxfamunwrapped.ca.

BUY A

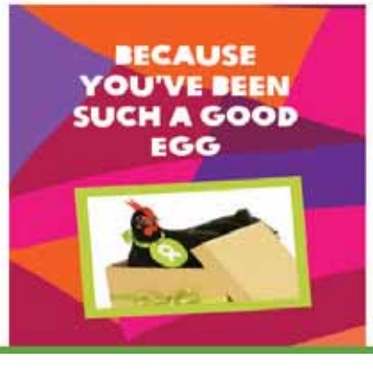
Visit www.oxfan

$15 Chicken

$30 Seeds (9 bags)

$75 Fair Day's Pay

$175 Dig a W



GROWING A FAMILY'S FUTURE

Gloria's family includes her husband Pedro, seven children, 30 grandchildren and 25 great grandchildren. They all live and work together on her small farm in Terrabonna, two hours north of Managua, Nicaragua. And together they're harvesting a growing surplus of garden vegetables.

The key to their success is a large well that lets them irrigate their crops – and the support of FEMUPROCAN, an Oxfam partner organization that connects cooperatives of farm women across the country.

Gloria says before the well she and her family grew beans and corn. In a good year, they'd harvest two crops. Terrabonna is dry and the weather is increasingly unpredictable. Years of drought followed by recurring flash floods meant yields were low and unpredictable. They often failed to grow enough to feed themselves, much less pay off the loans for seed and fertilizer – or earn extra cash to pay school fees.

But with the help of FEMUPROCAN and Oxfam they were able to break this cycle of subsistence and start to improve their quality of life. With sweat equity and a loan for materials, Gloria and her family dug a large well on their farm. With a look of pride, Gloria says "With that water we have been able to transform the farm – and our lives."

Most of her land is now used for tomatoes, onions, peppers and plantain – cash crops that need lots of labour. But in Gloria's case, that's not a problem as everyone pitches in. There are no tractors or trucks or fancy equipment. Fields are ploughed and prepared by hand. She sprouts her own seedlings in a small hut from seeds she has bought or conserved. Compost and fertilizer – all natural – are also applied by hand. The produce is then picked and sold to traders who supply Managua's wholesalers.

Prices vary from day to day but the income is good enough that she's been able to pay off her loan for the well and the working capital she borrows from FEMUPROCAN. Her family is eating well and the younger ones are staying in school longer. And she's been able to double her land holdings to five manzanas [3.5 hectares or 8.5 acres] by buying an adjacent property.

OXFAM PROGRAMS
Canada

CANADA
Program expenditure: $548,690

Areas of work: women's rights and gender equality, public education, campaigning, advocacy, coalition-building.

LATIN AMERICA AND THE CARIBBEAN:
Cuba, El Salvador, Guatemala, Haiti, Nicaragua and regional initiatives
Program expenditure: $2,970,452

Areas of work: women's rights and gender equality, sustainable livelihoods, labour rights, leadership and participation, violence against women, capacity building, gender mainstreaming, health, humanitarian relief.

HORN OF AFRICA:
Ethiopia, Somalia, Sudan and regional initiatives
Program expenditure: $8,159,282

Areas of work: women's rights and gender equality, community capacity building, organizational capacity building, rural livelihoods, disaster r isk management, food security, livestock, knowledgebuilding, water and sanitation, health promotion, humanitarian relief.

EAST AFRICA:
Democratic Republic of Congo, Kenya, Tanzania, Uganda
Program expenditure: $2,172,022
Areas of work: women's rights and gender equality, community capacity building, organizational capacity building, rural livelihoods, disaster risk management, food security, livestock, water and sanitation, health promotion, humanitarian relief.

SOUTHERN AFRICA:
Mozambique, Namibia, South Africa, Zimbabwe
Program expenditure: $2,572,732

Areas of work: women's rights and gender equality, HIV and AIDS prevention and treatment, rural livelihoods, domestic violence, civil rights, community capacity building, food security, public health promotion, water, humanitarian relief.

ASIA: Afghanistan, China, Indonesia, Japan, Pakistan
Program expenditure: $6,517,285

Areas of work: women's rights and gender equality, livelihood support, community mobilization, disaster management, domestic violence, agricultural rehabilitation, public health promotion, humanitarian relief.

A GIFT
nunwrapped.ca
OXFAM Canada
ell
$30 Plant a Vegetable
$22 8 school books
$58 Goat
AD OF A
Y NICE
OF WINE.
HT YOU
WELL
AS A PASSIONATE GARDNER, I KNOW YOU LOVE TO SHARE
A GIFT THAT OPENS MINDS
I HOPE NO ONE ELSE BOUGHT YOU A GOAT THIS YEAR! THAT'D BE AWKWARD

AD OF A
Y NICE
OF WINE.
HT YOU
WELL

AS A PASSIONATE GARDNER, I KNOW YOU LOVE TO SHARE

A GIFT THAT OPENS MINDS

I HOPE NO ONE ELSE BOUGHT YOU A GOAT THIS YEAR! THAT'D BE AWKWARD

BECAUSE YOU'VE BEEN SUCH A GOOD EGG
I GOT YOU SOMETHING PRACTICAL THIS YEAR, SOME SEEDS
JUST BECAUSE IT IS THE RIGHT THING TO DO

Douglas Coupland

Douglas Coupland's latest novel, Worst. Person. Ever., is available from Random House Canada.

Day 16

metronews.ca/temp

Worker satisfaction

Maybe we don't have it so bad

Canada has some of the most satisfied workers compared to the rest of the world, according to a recent survey by Monster.ca.

Canada tops the chart with 64 per cent of workers saying they love or like their job, followed by the Netherlands (57 per cent), India (55), the United States (53) and the United Kingdom (46).

PHOEBE HO/FOR METRO

ISTOCK

Skill acquisition

Ready and willing to learn

Canadian workers are willing to learn a new skill set to open up opportunities, according to Hays Canada's What People Want 2013 survey, with 88 per cent saying they are either planning to or will consider acquiring new skills to take advantage of shortages in other industries.

PHOEBE HO/FOR METRO

Temp Gets Fired!

Here's the thing: I've been fired before and couldn't have cared less, but getting fired from TWK stung.

"You let yourself get attached, Shanny," said my sister Amy. "The No. 1 law of temping: Never bond." She was helping me self-medicate with grape popsicles and a Kate Winslet DVD marathon. I was in pajamas at four in the afternoon and my life had devolved into the third panel of a Cathy cartoon where she stares into the void and emotionally implodes. "The only reason anyone hires anyone is to help them make money. The moment you can't do that, they'll chew your face off and toss the remains into a dumpster."

"That's not true. I liked it at TWK."

"Have you tried calling Mr. Shoeman?"

"He's on an energy retreat in the countryside."

"China has a countryside?"

"You're right. He's probably at World Extreme Cageboxing."

"What about Kyle?"

"He showed up to take Sarah to lunch just as I was leaving. I couldn't talk to him. God only knows what Sarah told him about me."

"Shannon, how do you think Kate Winslet manages to always lose weight?" Amy's attention span is limited. Discussion of my temping was over.

The doorbell rang. I live in a basement suite and it's not the easiest place to find, so for someone to locate me takes work. I opened the door: It was Sarah No. 1, so I closed the door, but she started banging on it. "Let me in! Shannon, I was horrible! I deserve this! Let me explain!"

I opened the door. "Explain what?"

"I just got fired."

"So what? I'm waiting for whatever it is you're going to explain."

"Let me come in?"

"Oh God. All right. Shoes off. Would you like a grape popsicle?"

She came into the TV area and I introduced her to Amy. "We're having a Kate Winslet marathon." Amy hit pause.

Sarah looked at the frozen frame. "How does that woman always manage to lose weight so regularly?"

"Excuse me, Sarah — my explanation?"

"There is no explanation. I came here because I couldn't think of anyone else to visit. I have no friends. They all got married and this would just make them happy about their decision to do so."

"So you came to me because I'm a failure and won't judge you harshly?"

"To be honest, sort of. Yeah. You seem like your head's screwed on right. I like the way you never took crap from anyone at TWK — and your 'random fact of the day' was always funny. And yesterday I got to see the human side of you."

"I like the way you never took crap from anyone at TWK — and your 'random fact of the day' was always funny."

"I'm deeply flattered." The three of us sat there in silence and then I figured it out: "Wait — you just want to know what my secret plan is so that you can get in on it."

"Well, yeahhhh!"

I paused a second. "OK."

TO BE CONTINUED...

Random fact of the day

What a buzz kill.

- Elephants use skin folds on their backs to crush mosquitos. SOURCE: PICSTACHE.COM

Random biz fact of the day

47%

Almost half of recruiters say candidate compensation increased from 2011 to 2012.

SOURCE: WORKOPOLIS

iamtemp

WE HEART IT/TUMBLR

TEMP iz on Tumblr

Follow iamtemp on Tumblr for random musings on all things TEMP, from zombie pandas and choose-your-own surf & turf to Ron Swanson lunchables, raccoon dance parties and Lego doctors battling the NoroVirus (in German, of course). Plus, find sneak peeks of future episodes of TEMP. Check it out at iamtemp.tumblr.com.

Right now, it's warm. Somewhere else.

No annual fee for the first year. Plus, get 15,000 bonus points.[1] Apply today.

www.scotiabank.com/travelfreedom

You're richer than you think.®*

Scotiabank®*

®* Registered trademarks of The Bank of Nova Scotia. ® American Express is a registered trademark of American Express. This credit card program is issued and administered by The Bank of Nova Scotia under license from American Express. [1] The 15,000 Scotia Rewards bonus points are awarded when you use your Scotiabank Gold American Express Card for a purchase within two months of open date and provided the account is open and in good standing. The points will appear as an adjustment on your Scotiabank Gold American Express Card statement within two statement cycles of your first card purchase. Offer applies to new accounts opened by March 31, 2014. The introductory annual fee waiver only applies to the initial annual fee for the primary and additional cards. The Scotiabank Gold American Express Card regular interest rate is 19.99% for purchases. For cash advances, balance transfers and Scotia Credit Card Cheques the interest rate is 21.99%. The regular annual fee is $99 per year for the first card issued on the account; additional cards are charged an annual fee of $29 per year per card when issued regardless of card activation and will be billed to your first statement and once a year thereafter. Offer applies to new accounts opened by March 31, 2014. Any additional cards must be issued by March 31, 2014, to qualify for the offer. Rates and fees are as of September 1, 2013 and are subject to change without notice.

SHOW US THE GOOD AT CITY HALL

URBAN COMPASS

Matt Elliott
toronto@metronews.ca

After weeks of turmoil and near-daily train wrecks, Deputy Mayor Norm Kelly brought some needed calm back to Toronto's city government last week.

He shouldn't stop there. Calm is appreciated, but we need more than just calm. With an opportunity to change the channel on the Mayor Rob Ford reality show, Kelly can show Toronto that city hall is still capable of doing good.

Kelly — now democratically powered-up with many of the responsibilities previously held by Ford — has stepped gracefully into his new role. Last week, he held long, thoughtful press scrums, where he made complicated historical analogies and actually took questions. Seriously: questions! From reporters!

On Ford, he threw down wisdom, saying, "The mayor wants to wage war. I want to wage peace."

That line stuck with me. Under Ford, sharp ideological divisions have dominated most municipal issues. There's been an undercurrent of spitefulness, combined with a lack of along-term thinking. Kelly can change that.

He should start by showing the city what fiscal responsibility really looks like. Ford has been preoccupied with a damn-the-torpedoes approach to city finances. He's been pushing for revenue increases below the rate of inflation, even as the city population grows.

Even now, after voting to approve new debt to pay for a Scarborough subway, Ford is trying to squeeze in a low property tax revenue increase for 2014. There's no magic here — to make that work, the city would need to cut services. But Ford can't say which services he'd cut.

Speaking of which, Kelly would do well if he looks at undoing one of Ford's most damaging legacies. When Ford took office, city hall subsidized TTC service to the tune of 93-cents per rider. That's since dropped to a dismal 78-cents per rider.

That's meant more increases to fares — the TTC just agreed to increase the monthly cost of a Metropass by more than five bucks — and a change to service standards that has squeezed more riders into fewer vehicles.

Councillors need to stop putting their heads in the sand. It makes no sense to vote to expand the transit system when there's no plan for funding day-to-day transit service.

Some leadership from Kelly on this issue could go a long way.

It won't be easy. Kelly's got a hard road, and his job will be further complicated by the continuing presence of Ford, who will be taking shots from the sidelines and trying to win his powers back through a legal challenge. But the opportunity is too good to ignore. Councillors are more united than they've ever been, and Toronto, I think, is ready to hear some news out of city hall that isn't all about Ford.

They're ready for somebody to wage peace.

ZOOM

High alert for Mount Sinabung

DEDY ZULKIFLI/THE ASSOCIATED PRESS

Indonesian volcano repeatedly erupts

Mount Sinabung spewed volcanic material as seen from Karo, North Sumatra, Indonesia, on Sunday. Indonesian authorities raised the alert status for one of the country's most active volcanoes to the highest level after the mountain repeatedly sent hot clouds of gas down its slope following a series of eruptions in recent days. THE ASSOCIATED PRESS

How high?

2,600m

The 2,600-metre-high mountain has sporadically erupted since September after being dormant for three years. Mount Sinabung unleashed fresh volcanic ash and gravel as high as 5,000 metres and searing gas down its slope up to two kilometres, said a government volcanologist, Surono, who like many Indonesians uses one name.

Villages evacuated amidst ash, smoke

About 12,300 evacuees from eight villages around the mountain were packed Sunday in crowded government camps away from the fiery crater, while more than 6,000 others fled earlier to temporary shelters in 16 safe locations, said National Disaster Mitigation spokesman Sutopo Purwo Nugroho.

The volcano's last eruption, in August 2010, killed two people and forced 30,000 others to flee. It caught many scientists off guard because it had been quiet for four centuries.

Mount Sinabung is among around 129 active volcanoes in Indonesia, which is prone to seismic upheaval due to its location on the Pacific Ring of Fire, an arc of volcanoes and fault lines encircling the Pacific Basin.

THE ASSOCIATED PRESS

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

Nearly a month after Instagram opened its virtual doors to paid advertising, sponsored posts have likely been popping up in your feed. Not that brands weren't welcome before, but pre-monetized Instagram, brands were treated the same as any other shmoe posting filtered pics. Now, with cash pushing photos through your feed, here's a look a some brands making their way into your screen:

MICHAELKORS/INSTAGRAM

Michael Kors:

Posted three weeks ago, Michael Kors was one of the first brands to take advantage of the new setup. Using #MK-Timeless, their 'pampered in Paris' post (pictured) has been liked 230,000 times. While many Instagrammers were not so pleased with pampered in Paris, the brand did gain between 33,000 and 34,000 new followers in 18 hours. #StreisandEffect?

General Electric:

I know, I know jet engines hardly seem the type to get all filtered up and passed around. But the Boeing's #GE90 pic was liked 59,000 times. Jets, who knew?

Burberry:

Though they've been posting since the early days of Instagram, rumour has it, they're now using sponsored content (disclosure: I have not seen it yet). While I can say with certainty I'm not Burberry's target market, I have to admit their photo stream is creative (and pretty).

Twitter

@metropicks asked: Where in the world is the F-bomb dropping? One Ottawa student tracks its use at fbomb.co. When do you tweet profanity?

@robin_writing: this is pretty cool- it really is all about context

@thatguy666: reminds me of http://alotsafari.com/ just using another word.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: torontoletters@metronews.ca

metro

President and Publisher Bill McDonald • **Editor-in-Chief** Charlotte Empey • **National Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Toronto** Tarin Elbert • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Distribution Manager** Steve Malandro • **Vice-President, Sales and Business Ventures** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Finance** Phil Jameson • **METRO TORONTO** 625 Church St., 6th Floor Toronto ON M4Y 2G1 • **Telephone:** 416-486-4900 • **Fax:** 416-482-8097 • **Advertising:** 416-486-4900 ext. 316 • adinfotoronto@metronews.ca • **Distribution:** toronto_distribution@metronews.ca • **News tips:** toronto@metronews.ca • **Letters to the Editor:** torontoletters@metronews.ca

SCENE 2

Ebooks

The Things They Carried

By. Tim O'Brien

Audible.com

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

Produced by Tom Hanks, this collection of Vietnam war stories explores the personal artifacts and memories carried by soldiers as coping strategies, superstitions and habits of endurance. Bryan Cranston (Breaking Bad) narrates, capturing with perfect attitude a cast of voices gruff with uncertainty, panicked by youth and haunted by loss. These are personal journeys, unexpected and masterfully told.

Box office

Money to burn

The Hunger Games sequel Catching Fire opened with $161.1 million at the box office, narrowly besting the original film and setting a record for a November opening. The result, from studio estimates Sunday failed to dethrone the year's biggest box-office opening of $174 million for Iron Man 3. But it did best the previous top November opening of $142.9 million by Twilight Saga: New Moon. THE ASSOCIATED PRESS

Winona Ryder stars in Homefront, which opens Wednesday. CONTRIBUTED

Ryder on the Homefront

Arm candy role.
Actress talks Lou Reed and being a biker chick in her latest film

NED EHRBAR
Metro World News in Hollywood

Sure, Winona Ryder has a movie to promote — the Jason Statham-starring Homefront — but she'd much rather talk about Lou Reed, if that's OK. "I was supposed to see it (Homefront), but then Lou Reed died and I had to go to his memorial. And you know, I just haven't been able to. But I usually see something before talking about it," Ryder says with a laugh. "And it's also my first 'this' kind of movie."

The movie she speaks of is about a former drug enforcement agent who moves to a seemingly-idyllic town with an underbelly of drugs and violence. But before discussing the flick, Ryder has some things to say about Reed.

I've heard (Lou Reed) was one of the toughest people to interview.
Ethan Hawke — who worshiped him — met him somewhere and they were somehow exchanging numbers. Ethan was giving him his number and it was a 917 (a New York area code) number — it was right when (those were new) — and he said Lou was like, "What?" Like he was too cool for the new area code. Ethan was mortified, but it was kind of like, "He's Lou Reed. He can think that that's not cool."

You mentioned this is your first of "one of these kinds of movies." What was behind the decision?
Well, part of it was that I'd never done anything like this. I was kind of surprised they offered it to me. It kind of read like arm candy — which was kind of appealing to me. "Eh, I'm just a biker chick, arm candy in one of these movies. I've never done that, it could be fun!" And then also just honestly a big pull was James (Franco) because we're friends. I was like, "Are you really going to do this Homefront thing?"

You do come off as more interesting than just arm candy.
Oh good. It's just, there's not a lot of logic in these movies. It was an experience. I don't know if I'll do another thing like that. I did a thing right after that was like the opposite, this really great David Hare thing got Christopher Walken and Bill Nighy and Ralph Fiennes, and it's about the bringing down of Tony Blair.

Old becomes new

Winona Ryder figures she's hitting that age where everything old becomes new again. In 1994, she played Jo March in the film adaptation of Louisa May Alcott's novel Little Women and she was surprised to learn that Hollywood is going to revisit the material once again in a new film version. "I saw Christian Bale (who plays Laurie in the 1994 version) and I was like, 'Hey, what the hell?' It's just weird when they're redoing your (old stuff)."

It's all words and brilliant and about detention centres being built and money-laundering. So to go from this to that, it's kind of like that thing where I'm glad that I'm older because I would hate to be the ingenue now. It just seems like it would be tough these days.

CHEVROLET

0% PURCHASE FINANCING ON EVERYTHING EVENT

TERMS OF UP TO 84 MONTHS‡

NOVEMBER 22ND – DECEMBER 9TH

LIMITED TIME ONLY ON ALL 2014 MODELS

2014 SPARK 0% FOR 60 MONTHS

2014 SONIC 0% FOR 84 MONTHS

2014 CRUZE 0% FOR 84 MONTHS

2014 MALIBU 0% FOR 60 MONTHS

2014 VOLT 0% FOR 60 MONTHS

2014 IMPALA 0% FOR 60 MONTHS

2014 CORVETTE 0% FOR 12 MONTHS

2014 CAMARO 0% FOR 60 MONTHS

2014 TRAX 0% FOR 72 MONTHS

2014 EQUINOX 0% FOR 84 MONTHS

2014 ORLANDO 0% FOR 60 MONTHS

2014 TRAVERSE 0% FOR 60 MONTHS

2014 TAHOE 0% FOR 60 MONTHS

2014 SUBURBAN 0% FOR 60 MONTHS

2014 SILVERADO 1500 0% FOR 60 MONTHS

2014 SILVERADO HD 0% FOR 84 MONTHS

2 YEARS / 40,000 KM COMPLIMENTARY OIL CHANGES**

TO GUARANTEE OUR QUALITY, WE BACK IT **160,000-KM/5-YEAR** POWERTRAIN WARRANTY

Whichever comes first. See dealer for limited warranty details.

ONTARIOCHEVROLETDEALERS.COM

VEHICLE PRICING IS NOW EASIER TO UNDERSTAND BECAUSE ALL OUR PRICES INCLUDE FREIGHT, PDI AND MANDATORY GOVERNMENT LEVIES. Prices do not include applicable taxes and PPSA. Consumers may be required to pay up to $799 for Dealer fees.***

For the latest information, visit us at chevrolet.ca, drop by your local Chevrolet Dealer or call us at 1-800-GM-DRIVE. ‡Offers valid for delivery dates between November 22 and December 9, 2013; participating lenders are subject to change. 0% purchase financing offered on approved credit by TD Auto Finance Services, Scotiabank or RBC Royal Bank for up to 84 months on an eligible new or demonstrator 2014 Chevrolet model. Terms vary by model. Rates from other lenders will vary. Down payment, trade and/or security deposit may be required. Monthly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. Example: 2014 Chevrolet Cruze LS MSRP including freight, PDI & levies is $17,639 at 0% APR, the monthly payment is $209.99 for 84 months. Cost of borrowing is $0. Total obligation is $17,639, plus applicable taxes. Offer is unconditionally interest-free. License, insurance, registration, PPSA, applicable taxes and dealer fees not included. Dealers are free to set individual prices. Offers apply to qualified retail customers only. Limited time offer which may not be combined with certain other offers. GMCL may modify, extend or terminate offers in whole or in part at any time without notice. Conditions and limitations apply. See dealer for details. ‡/***Freight & PDI ($1,550/$1,550/$1,600/$1,600/$1,600/$1,600/$1,600/$1,600/$$1,600/$1,600/$1,600/$1,600/$1,600/$1,650/$1,650), registration, air and tire levies and OMVIC fees included. Insurance, licence, PPSA, dealer fees and applicable taxes not included. Offers apply as indicated to 2014 new or demonstrator models of the vehicle equipped as described. Offers apply to qualified retail customers in the Ontario Chevrolet Dealer Marketing Association area only (including Outaouais). Dealers are free to set individual prices. Quantities limited; dealer order or trade may be required. Limited time offers which may not be combined with other offers. GMCL may modify, extend or terminate offers in whole or in part at any time without notice. Conditions and limitations apply. See dealer for details. **The 2-Year Scheduled Lube-Oil-Filter Maintenance Program provides eligible customers in Canada, who have purchased, leased or financed a new eligible 2014 MY Chevrolet, Buick, or GMC vehicle (excluding Spark EV), with an ACDelco oil and filter change, in accordance with the oil life monitoring system and the Owner's Manual, for 2 years or 40,000 KMs, whichever occurs first, with a limit of four (4) Lube-Oil-Filter services in total, performed at participating GM Dealers. Fluid top offs, inspections, tire rotations, wheel alignments and balancing, etc. are not covered. This offer may not be redeemed for cash and may not be combined with certain other consumer incentives available on GM vehicles. General Motors of Canada Limited reserves the right to amend or terminate this offer, in whole or in part, at any time without prior notice. Additional conditions and limitations apply. See dealer for details.

Zac Efron. ALL PHOTOS GETTY IMAGES

Efron getting lots of bedside attention

Zac Efron may be dealing with his mouth being wired shut after breaking his jaw, but at least he's not suffering alone. Sources tell Radar Online that Efron's rumoured girlfriend Lily Collins is nursing him back to health.

"Zac is so grateful for Lily. She's being so sweet with him and is going above and beyond to take care of him," a source says.

"She makes him healthy smoothies he can drink through the wire and she's really good emotional support for him right now."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop Goes the Week

Crazy is as crazy does

STARGAZING
Malene Arpe
scene@metronews.ca

This week in pee: 1) Eminem says that the only way he could possibly top Kanye West's controversial BBC interview would be to pee on the floor. 2) Christian Bale reveals he told Ben Affleck to make sure his bat suit would allow him to "take a pee without anyone having to help him, because it's a little bit humiliating." 3) Andy Cohen says he made perfume from Lady Gaga's urine after she relieved herself in a bucket on the set of Watch What

Happens Live. 4) I may, possibly, for sure, have wet myself when I heard Monty Python is planning a reunion.

Dakota Johnson, who will star in the movie, insists 50 Shades of Grey is "an incredible love story." She then describes One Direction's music as "something that will surely stand the test of time" and notes that Agents of S.H.I.E.L.D. is "the best new TV show in 20, nay 25, years."

This week in back together? 1) There are rumours Ryan Gosling and Rachel McAdams are seeing each other again. 2) Former couple Taylor Swift and Harry Styles may be secretly dating. 3) Robert Pattinson and Kristen Stewart are reportedly sneaking around with each other. 4) There are whispers about Nina Dobrev and Ian Somerhalder having picked up where they left off. 5) It appears the celebrity dating pool has officially dried up. Very, very carefully consider what you do next, Katie Holmes.

Kate Winslet

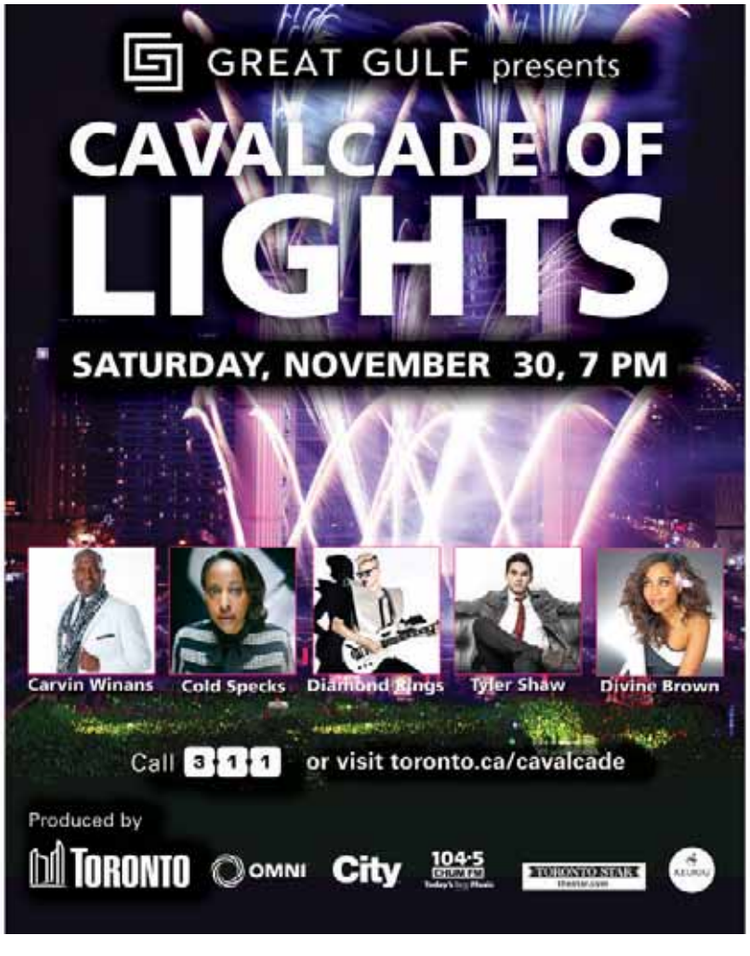
Family comes first, no matter how big Winslet's arse may get

Actress Kate Winslet, who turned 38 last month and is expecting her third child (her first with hubbie Ned Rocknroll) says she doesn't care about losing the baby weight. Winslet's fluctuating weight has been a popular topic of discussion over the years, in an industry obsessed with superskinny bodies.

Recently Winslet told Italian Vanity Fair: "Honestly, among my acquaintances there is no woman wearing XS. No, sorry, there is one: my daughter. The point is that Mia is 11 years old."

While she believes in being fit and healthy, Winslet says her top priority after giving birth will be spending time with her family — not hitting the gym.

As she told Time Out: "I don't want to spend time thinking about the size of my arse."



Heart & Stroke
calendar lottery
2014
3x $5,000 EVERY DAY
$10,000 EVERY WEEK
$50,000 EVERY MONTH
17,000x $25 CASH BACK PRIZES
What is the best gift you've ever received?
"My daughter and her three best friends, who all call me mom, gave me a framed photo with personal comments from them."
Andrea
"Getting to see my dad after 2 years. (he lives in another country)"
Ashly
metropolitanpanel.ca
Source: Metropolitan Panel Survey; 128 Respondents
Metropolitan Panel
$25 EACH
3 FOR $70
6 FOR $125
Order online at www.heartandstroke.on.ca/calendar
Call 416-514-7767 Ext.900 or 1-888-514-7767 Ext. 900
EVERY TICKET HELPS THE HEART AND STROKE FOUNDATION MAKE HEALTH LAST.
HEART & STROKE FOUNDATION
MAKE HEALTH LAST

For prize detail and draw information, please refer to the rules and regulations in the full brochure or online at www.heartandstroke.on.ca/calendar. Only 1,115,000 tickets are available. Winning tickets will be drawn every weekday starting January 2, 2014, with the Early Bonus draw at 9 am and the Early Bird Draw after 1pm, and subsequently weekdays after 8:30 am at Mirabel Solutions Inc. (2501 Steeles Ave W., Toronto, ON M3J 2P1). Lottery Licence #:5674. ™Heart&Stroke Calendar Lottery, WINCREDIBLES, and Heart & Stroke Foundation logos are trademarks of the Heart and Stroke Foundation of Canada. © Bank of Canada – bank note images used and altered with permission. The Heart and Stroke Foundation of Ontario is now known as the Heart and Stroke Foundation of Canada. All proceeds from this lottery will fund Heart and Stroke Foundation research and health promotion to benefit residents of Ontario

ROGERS™
authorized dealer

AJAX
Baywood Centre
15 Westney Rd. N
AURORA
15483 Yonge St., Unit 2B
14785 Yonge St.
14879 Yonge St.
91 First Commerce Dr., Unit 5
BOLTON
12612 Hwy. 50, Unit 15
BRAMPTON
30 Victoria Cres.
4520 Ebenezer Rd., Unit 6
253 Queen St. E, Unit 3
105 Kennedy Rd. S
499 Raylawson Blvd.
14 Lisa St., Unit C1
499 Main St. S., Unit 5B
1088 McLaughlin Rd.
9980 Airport Rd., Unit 11
25 Peel Centre Dr., Unit 505A
25 Peel Centre Dr., Unit 742K
10025 Hurontario St., Unit 118
BROOKLIN
5969 Baldwin St. S, Unit 7
COBOURG
975 Elgin St. W, Unit B
ETOBICOKE
22 Dixon Rd.
6620 Finch Ave. W, Unit 4
25 The West Mall, Unit 1963
3015 Bloor St. W
1735 Kipling Ave.
250 The East Mall, Kiosk #316
500 Rexdale Blvd., Unit H3B
1530 Albion Rd.
GEORGETOWN
Georgetown Market Place
MAPLE
2943 Major Mackenzie Dr., Unit 4
MARKHAM
3636 Steeles Ave. E, Unit 101
9570 McCowan Rd., Unit 4
505 Hood Rd., Unit 12
7780 Woodbine Ave., Unit 3
4300 Steeles Ave. E, Unit E32
4300 Steeles Ave. E, Unit E67
8901 Woodbine Ave., Suite 218
3255 Hwy. 7 E, Unit E98
9275 Hwy. 48, Unit 11
5000 Hwy. 7 E, Unit 412
7690 Markham Rd., Unit 1C
MISSISSAUGA
Meadowvale Town Centre
Square One
Dixie Outlet Mall
153 Lakeshore Rd. E
6325 Dixie Rd., Unit 1
3105 Dundas St. W, Unit 102
7955 Financial Dr., Unit B
808 Britannia Rd. W, Unit 2
25 Watline Ave., Unit 10
7205 Goreway Dr.
1100 Burnhamthorpe Rd.
3021 Argentia Rd.
789 Taunton Rd. E
1053 Simcoe St. N, Unit 4B
2150 Burnhamthorpe Rd. W
60 Bristol Rd. E
920 Southdown Rd., BLD H, Unit 7
5100 Erin Mills Parkway, Unit V205
4141 Dixie Rd.
1250 Eglinton Ave. W, Unit A16
NEWMARKET
16715 Yonge St.
1065 Davis Dr.
18075 Yonge St.
17600 Yonge St., Unit EE22
NORTH YORK
Sheridan Mall
1700 Wilson Ave., Unit 72
1905 Avenue Rd.
4367 Steeles Ave. W
149C Ravel Rd.
Fairview Mall
4905 Yonge St.
5815 Yonge St.
3111 Dufferin St.
3040 Don Mills Rd., Unit 17B
Leslie Center
OAKVILLE
1027 Speers Rd., Unit 22
478 Dundas St. W, Unit 7
1500 Upper Middle Rd., Unit 2
240 Leighland Ave.
OSHAWA
Taunton Harmony Plaza
1053 Simcoe St. N, Unit 4B
285 Taunton Rd., Unit 20
419 King St. W, Unit 2272
PICKERING
Pickering Power Centre
Pickering Town Centre
611 Kingston Rd.
RICHMOND HILL
9196 Yonge St.
1480 Major Mackenzie Dr. E
10 West Pearce St., Bldg. B
Hillcrest Mall
9350 Yonge St.
10720 Yonge St.
Times Square Mall
1070 Major Mackenzie Rd. E
SCARBOROUGH
Woodside Square
1571 Sandhurst Circle, Unit 502K
5095 Sheppard Ave. E
1800 Sheppard Ave. E
Cedarbrae Mall
1900 Eglinton Ave. E
3300 McNicoll Ave.
1291 Kennedy Rd.
2555 Victoria Park Ave.
411 Kennedy Rd.
3495 Lawrence Ave.
1448 Lawrence Ave. E
5661 Steeles Ave. E, Unit 5
19 Milliken Blvd., Unit U
2490 Gerrard St. E
38 Ellesmere Rd.
300 Borough Dr., Unit 49
THORNHILL
31 Disera Dr., Unit 140
Promenade Mall
Shops on Steeles
6236 Yonge St.
9200 Bathurst St., Unit 26
TORONTO
421 Dundas St. W, Unit GB
282 Queen's Quay W
1015 Lakeshore Blvd. E
1821 Queen St. E
275 College St.
604 Bloor St. W
1348 St. Clair Ave. W
1461 Dundas St. W
2 St. Clair Ave. E
272 Danforth Ave.
471 Eglinton Ave. W
662 King St. W, Unit 2
939 Eglinton Ave. E, Unit 106
154 University Ave., Unit 101
2200 Yonge St., Unit 104
2397 Yonge St.
9A Yorkville Ave.
East York Town Centre
2400 Bloor St. W
919 Bay St.
525 University Ave.
45 Overlea Blvd.
Oriental Centre Mall
1448 Lawrence Ave. E
10 Clock Tower Rd., Unit B1A
1118 Finch Ave. W, Unit 1
6236 Yonge St.
3850 Sheppard Ave.
280 Spadina Ave.
4438 Sheppard Ave. W, Unit 151
900 Dufferin St., Kiosk 4010
1000 Gerrard St. E, Unit K2
618 Sheppard Ave. W
6758 Kingston Rd., Unit 12
730 Danforth Ave.
333 Bloor St. E
2120 Queen St. E
8 Wellesley St. E
1965-1971 Yonge St., Unit A
120 Front St. E
660 Eglinton Ave., Unit 104
3151 Yonge St.
808 York Mills Rd., Unit 15-17
2400 Eglinton Ave. W
2900 Warden Ave.
130 King St. W., Unit CW15
3401 Dufferin St., Unit 108
1 Yorkdale Rd., Unit 180
1 Dundas St. W, Unit 2010
220 Yonge St., Unit H014
112-10 Dundas St. E
2901 Bayview Ave., Unit 128A
329 Parliament St.
200 Bay St., Unit UC – 132B
2248 Bloor St. W
330 Bay St.
4980 Yonge St.
1080 Yonge St.
1 Blue Jays Way, Suite 1200
UXBRIDGE
11 Brock St. W
WHITBY
25 Thickson Rd. N
5969 Baldwin St. S
1549 Dundas St. E
3490 North Brock St.
WOODBRIDGE
200 Whitmore Rd.

GET MORE FROM YOUR iPhone 5s WITH ROGERS

iPhone 5S

GOLD MODEL NOW IN STOCK. VISIT YOUR LOCAL ROGERS TODAY.

GET DOUBLE OUR DATA* ON SELECT ROGERS PLANS

ON CANADA'S FASTEST LTE NETWORK – **ROGERS LTE**[1]

CALL 1 888 ROGERS1

LIVE LIKE NEVER BEFORE™

ROGERS™

TM and ©2013 Apple Inc. All rights reserved. *Offer ends Jan. 6/14. Available to new and existing customers with new activation or upgrade on 1 GB or 3 GB Share Everything Plan with a monthly or 2-yr. term. See in-store for full details. **1** Based on tests comparing download speeds on the Rogers LTE network vs. Bell and Telus' LTE networks within Rogers LTE coverage area. LTE device, LTE SIM required. Actual experienced speeds may vary based on device, topography and environmental conditions, network congestion and other factors. Rogers LTE network available in select Canadian cities. Visit rogers.com/LTE for coverage. TM ©2013 Rogers Communications.

Flu season

Faking it?

IT'S ALL RELATIVE
Kathy Buckworth
Kathybuckworth.com

Here are guidelines to tell if a member of your family is really sick or faking.

•Child: Fortunately, most children are very bad actors/liars. You know they're faking their illness if they: A) have a test at school that day B) clutch their stomach seconds after bounding down the stairs and punching a brother on the way C) are hovering suspiciously near a heating vent with a thermometer, or D) ask, "What happens if I feel better around four?" noting a hockey game on the schedule for later that day. A gentle reminder about their negotiating position when it comes to extended curfews is recommended.

• Husband: Guys can be tricky. Some are entirely stoic about broken bones, huge bleeding wounds, and things that went snap, but the slightest sniffle can have them heading for the nearest couch wrapped in a Snuggie. The "man-flu" is well documented and needs no additional space here; we've all had the flu, it sucks, get over yourself. You don't need to announce every little symptom and sigh every 10 minutes. Bottom line? Who cares if he's sick? He's an adult. Let him figure it out.

•Wife: Because she says so.

EXCERPTED FROM KATHY BUCKWORTH'S I AM SO THE BOSS OF YOU: AN 8 STEP GUIDE TO GIVING YOUR FAMILY THE BUSINESS, PUBLISHED BY MCCLELLAND & STEWART, 2013, AND RECENTLY OPTIONED BY WARNER BROTHERS TELEVISION. KATHYBUCKWORTH.COM

Exclusively online

It's one of the biggest parenting challenges of the season: creating the perfect holiday greeting card. Check out this week's exclusive Metro content from Lyranda Martin Evans and Fiona Stevenson, authors of the hilarious bestselling book Reasons Mommy Drinks, at metronews.ca/voices.

Join the laughter on twitter @mommyreasons.

Tot-sized good and evil

Q&A. Researcher Paul Bloom seeks to answer whether babies are moral beings

According to developmental psychologist Paul Bloom, babies have the capacity for empathy and compassion. ISTOCK

Are we naturally good or naturally evil? Cognitive scientist Paul Bloom argues in a new book that we're both.

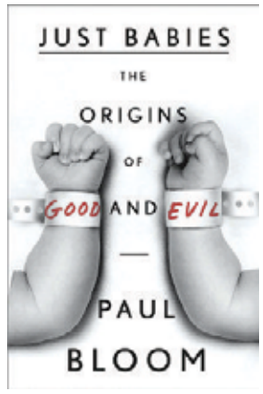
In Just Babies: The Origins of Good and Evil (Crown), the developmental psychologist and Yale professor takes on the nature of morality and vast research spanning evolutionary biology to philosophy, drawing on everyone from Sigmund Freud to Louis C.K.

His conclusion? Babies have the capacity for empathy and compassion, possess a limited understanding of justice and have the ability to judge. Yet they navigate not along colour lines but as Us versus Them, usually landing squarely in the Us camp.

What light do you shed on the "moral sense" of babies?

We're born with this extraordinary moral sense. A sense of right and wrong just comes naturally to humans and shows up in the youngest babies we can study. But this morality is limited. I think tragically limited. So we are morally attuned to those around us, to our kin, to our friends, to those we interact with, and we are utterly cold-blooded toward strangers. To some extent I think babies are natural-born bigots. They are strongly attuned to break the world into Us versus Them and have no moral feelings at all toward the Them, and this shows up all through development.

So in some way, although a lot of morality is inborn, I think the great success of humans ... is expanding and transcending this inborn morality.



Where do serial killers come from?

Serial killers are very unusual people. ... We know that there's genetic differences in people's empathy, in people's compassion and how much they care about other people, in their ability to control violent rages, for example, and I'm sure a serial killer is somebody who has the genetic short end of the stick. Then you toss in certain environments. Your typical serial killer had a very unhappy childhood.

You write about conflicts in research on racial bias in young children.

For kids there's a lot of evidence that they're very strongly biased on Us versus Them if you get them to do it on the basis of things like different coloured T-shirts, for example, but race and skin colour isn't an automatic way of dividing up the world. So you take a two- or three-year-old and typically a two- or three-year-old shows no signs of being racist in any way. When you get older, if kids are in an environment when blacks and whites interact and they're totally mellow with each other and there's not much conflict, they'll see black and white but it won't matter at all. If you're in an environment where it matters then it will matter. Children are extremely prone and very ready to divide the world into groups, but the groups that they focus on is determined through learning. THE ASSOCIATED PRESS

Use tough times as teachable moments

Julianne Harvey, centre, with her daughter Ava, 10, and son William, 7. JEFF MCINTOSH/ THE CANADIAN PRESS

When Julianne Harvey learned her first grader was being picked on last year, her initial instinct was to fix the problem.

But advice from her mother-in-law — who was a longtime elementary school teacher — gave the author and mother of two a fresh perspective.

"She told me: 'Your job is to teach him to stand up for himself. You're not always going to be there to manage things for him, so you need to give him those skills,"' Harvey recalled.

Neuropsychologist Sam Goldstein, co-author of Raising Resilient Children, said individuals learn to deal with adversity by being given the opportunity in a supportive environment to try and learn from their mistakes.

"Resiliency is a process that enables you to function well in the face of adversity," he said from Salt Lake City. "The data's pretty clear that if parents would like their children to be more capable of managing stress, then we have to stress-inoculate them — even from young ages."

Most of the time, children aren't taught resiliency unless they're going to be exposed to a stressful situation, noted David Wolfe, director of the CAMH Centre for Prevention Science in London, Ont.

"We're trying to teach them normal coping methods, and the confusion that comes about with parents — whether it's overblown or not — is: 'Somehow my kid's going to fail. They're not going to cope well; they're going to collapse; they're going to have a disorder,'" said Wolfe, a psychologist and author specializing in issues affecting children and youth.

"A little bit of stress is good. This is an axiom that's been around for a long, long time," he added. "Without stress, a person doesn't learn to cope and they can't live on their own. They can't live independently. They expect everything to happen the way they want it. The balance is between too much stress and enough stress." THE CANADIAN PRESS

Job Hunting Tip: Book your interviews for after November 30th.

In addition to over 6,000 new online job postings every week, we also have the right advice and tools to help you along the way. So you can be certain you're putting your best face forward. It's what makes Workopolis Canada's number one job site.

workopolis.com #workopolis

WORKOPOLIS

"Number one job site" based on six-month average online job postings for period ending October 31, 2013. Comparison between Workopolis and all other major paid online job boards. Does not include online classified sites or job posting aggregator sites. Statistics provided by WANTED Technologies. © 2013 Workopolis.

Feel the warmth with a bowl of Cauliflower Cheddar Soup

Ingredients

- 9 cups (2.25 l) chopped cauli flower (about 2 lbs/1 kg)
- 2 stalks celery, diced
- 1 onion, chopped
- 3 potatoes, peeled and diced
- 2 tsp (10 ml) minced garlic
- Pepper
- 2 cups (500 ml) reduced-sodium vegetable or chicken broth
- 1 cup (250 ml) water
- 2 tbsp (30 ml) all-purpose flour
- 2-1/2 cups (625 ml) milk
- Ground nutmeg
- 1-1/2 cups (375 ml) shredded Canadian Cheddar cheese, divided
- 1/4 tsp (1 ml) salt (approx.)

This recipe serves six to eight. MILKCALENDAR.CA

1. In pot, combine cauliflower, celery, onion, potatoes, garlic, pepper to taste, broth and water; cover and bring to a boil over high heat. Reduce heat to medium-low, cover and boil gently for 15 to 20 min or until vegetables are soft.

2. Whisk flour into milk; pour into pot with nutmeg to taste. Cook, stirring, 3 mins. or until slightly thickened. Remove from heat.

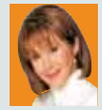
3. Using immersion blender or transferring in batches to an upright blender, purée until smooth.

4. Return to pot, if necessary. Heat over medium heat, stirring often, for about 5 min or until bubbling. Remove from heat and stir in 1 cup (250 ml) of the cheese until melted. Season with pepper and up to 1/4 tsp (1 ml) salt. Ladle into warm bowls and sprinkle with remaining cheese.

JODY SPRIEL OF PLEASANT HILL HOLSTEINS INC. IN ST. MARY'S, ONTARIO/ DAIRY FARMERS OF CANADA (MILKCALENDAR.CA)

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

Taco Del Mar serves up Mexican favourites but not all are created equal when it comes to fat and calories.

Taco Del Mar Pork Nachos

1,150 calories / 56 g fat
Nachos are never a good choice. Eat too much of this pork variety and you'll start oinking and rolling around in mud.

Equivalent

Taco Del Mar Pork Nachos with cheese, tomato salsa, sour cream and guacamole are equal in calories to 2 lbs of pork chops.

Taco Del Mar Pork Quesadilla with cheese and tomatoes

720 calories / 35 g fat
Enjoy pork in a quesadilla instead. They're perfect for an appetizer to split or as a single meal.

App. Zingy Devilled Eggs

Ingredients

- 12 eggs
- 6 tbsp mayonnaise
- 2 tsp Dijon mustard
- 4 tsp Xyla Buffalo Wing Sauce
- 2 tsp freshly squeezed lime juice (optional)
- Kosher salt
- Freshly ground black pepper
- Paprika and finely chopped fresh chives for garnish (cilantro is nice as well)

1. Hard-boil the eggs and cool. Once cooled, peel, halve and carefully remove the yolks. Reserve the whites.

2. Combine the egg yolks, mayonnaise, Dijon, Xyla Buffalo Wing Sauce, and lime juice in a medium non-reactive bowl. Season well with salt and pepper, then mix well until the yolks are broken up and the ingredients are well mixed.

3. Evenly pipe or spoon the yolk mixture into the reserved egg white halves (a zip close bag with the corner cut off does a great job). As desired, sprinkle with paprika and chives for garnish. It would be practical and easy to transport if you have a devilled egg container, but opting for cupcake liners in a muffin tin works well too.

JULIE REID, XYLITOLCANADA.COM

Heart & Stroke
calendar lottery
2014
3x $5,000 EVERY DAY
$10,000 EVERY WEEK
$50,000 EVERY MONTH
17,000x $25 CASH BACK PRIZES
What is the best gift you've ever received?
"My daughter and her three best friends, who all call me mom, gave me a framed photo with personal comments from them."
Andrea
"Getting to see my dad after 2 years. (he lives in another country)"
Ashly
metropolitanpanel.com
Source: Metropolitan Panel Survey; 128 Respondents
Metropolitan Panel

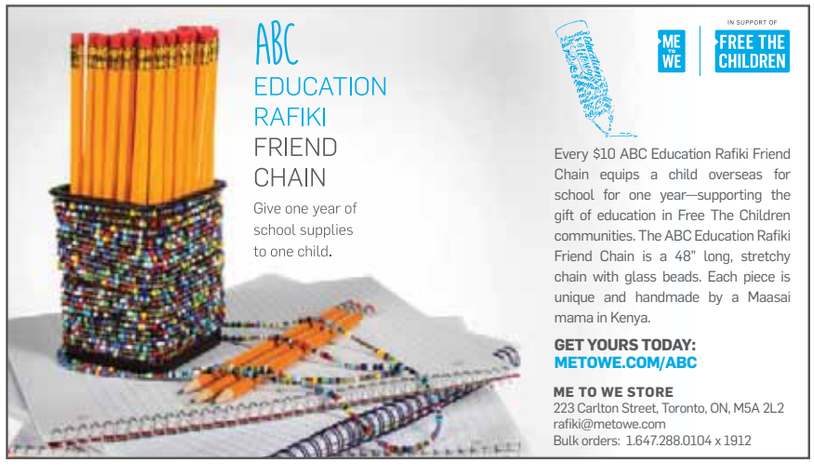
$25 EACH
3 FOR $70
6 FOR $125

Order online at www.heartandstroke.on.ca/calendar
Call 416-514-7767 Ext.900 or 1-888-514-7767 Ext. 900

EVERY TICKET HELPS THE HEART AND STROKE FOUNDATION MAKE HEALTH LAST.

HEART & STROKE FOUNDATION | MAKE HEALTH LAST

For prize detail and draw information, please refer to the rules and regulations in the full brochure or online at www.heartandstroke.on.ca/calendar. Only 1,115,000 tickets are available. Winning tickets will be drawn every weekday starting January 2, 2014, with the Early Bonus draw at 9 am and the Early Bird Draw after 1pm, and subsequently weekdays after 8:30 am at Miratel Solutions Inc. (2501 Steeles Ave W., Toronto, ON M3J 2P1). Lottery Licence # 5674. ™Heart&Stroke Calendar Lottery, WINCREDIBLES, and Heart & Stroke Foundation logos are trademarks of the Heart and Stroke Foundation of Canada. © Bank of Canada – bank note images used and altered with permission. The Heart and Stroke Foundation of Ontario is now known as the Heart and Stroke Foundation of Canada. All proceeds from this lottery will fund Heart and Stroke Foundation research and health promotion to benefit residents of Ontario



IN SUPPORT OF ME TO WE | FREE THE CHILDREN

Every $10 ABC Education Rafiki Friend Chain equips a child overseas for school for one year—supporting the gift of education in Free The Children communities. The ABC Education Rafiki Friend Chain is a 48" long, stretchy chain with glass beads. Each piece is unique and handmade by a Maasai mama in Kenya.

GET YOURS TODAY:
METOWE.COM/ABC

ME TO WE STORE
223 Carlton Street, Toronto, ON, M5A 2L2
rafiki@metowe.com
Bulk orders: 1.647.288.0104 x 1912

If you're considering the temp life — whether you're on the hunt for full-time employment or looking for a way to supplement part-time or freelance work — here are five books worth a read:

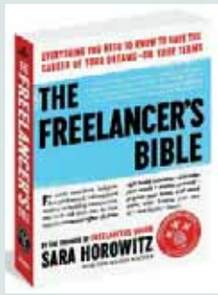
VAWN HIMMELSBACH
Metro News

5 must-reads for temp workers

The Freelancer's Bible: Everything You Need to Know to Have the Career of Your Dreams — On Your Terms

Sara Horowitz and Toni Sciarra Poynter

If you're a temp or otherwise self-employed, one of the biggest challenges you'll face is finding work — and then getting paid for it. This reference guide will help you learn the ropes, such as getting clients (and keeping them happy), setting fees; surviving a dry spell, building a reputation, negotiating dos and don'ts, as well as recording-keeping and tax tips.



My So-Called Freelance Life

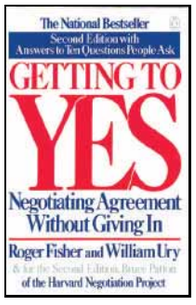
Michelle Goodman

This "girlfriend-to-girlfriend guide" written by a full-time freelancer offers tips and advice on how to leave the cubicle behind and pursue fulfilling work — on your own terms. Blending anecdotes with personal experience, Goodman explains how to get started, create a budget, build clientele (and weed out the bad ones), as well as how to market yourself, negotiate an hourly rate and manage your taxes.

Getting to Yes: Negotiating Agreement Without Giving In

Roger Fisher and William Ury

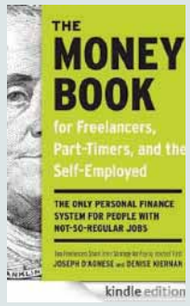
The revised edition of this classic business book is based on the Harvard Negotiation Project, a group that deals with negotiation and conflict resolution. While it's applicable to anyone, it's particularly useful for temps, who often don't want to rock the boat for fear of never being asked to come back. The book provides a step-by-step strategy for coming to mutually acceptable agreements in any sort of conflict — without getting angry or getting taken advantage of.


The National Bestseller
Second Edition with Answers to Ten Questions People Ask
GETTING TO YES
Negotiating Agreement Without Giving In
Roger Fisher and William Ury
of the Harvard Negotiation Project

The Money Book for Freelancers, Part-Timers, and the Self-Employed: The Only Personal Finance System for People with Not-So-Regular Jobs

Joseph D'Agnese and Denise Kiernan

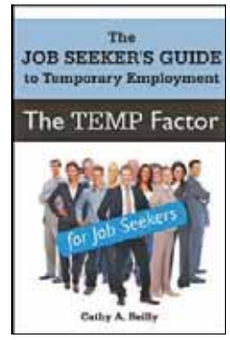
If you don't have a cubicle to call your own, you probably don't have benefits or a regular paycheque on the 15th and 30th of each month. The authors of this book have come up with a comprehensive system for earning, spending and saving, peppered with anecdotes from freelancers and interviews with financial experts. Topics include: what to do when a client's cheque doesn't come in and how to plan for retirement.



The Temp Factor for Job Seekers: The Job Seeker's Guide to Temporary Employment

Cathy A. Reilly

Like the title suggests, this book explains the many benefits (and challenges) of temping, such as gaining work experience, expanding networks and avoiding gaps in employment. For those just starting out or looking to "audition" for a job through temp work, this book covers the essentials — what clients and staffing services look for in a temp, how to apply to staffing services and how to set yourself apart from the crowd.



COME TO OUR
OPEN
HOUSE

TUESDAY, NOVEMBER 26, 2013
4:30P.M. – 7:00P.M.

380 VICTORIA STREET, TORONTO
(JUST EAST OF DUNDAS SUBWAY)

RSVP:
ryerson.ca/ce/openhousew2014

The right credentials.
The right connections.
The right support.

THE CHANG SCHOOL
RYERSON UNIVERSITY
CONTINUING EDUCATION

'Round the world wisdom

Pop your bubble and learn to thrive

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10, and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

LESSONS FROM THE DESERT
Stefan Danis
life@metronews.ca

Take a walk on life's uneasier side every so often. ISTOCK

We are frequently struck with an idea that takes us out of our comfort zone, yet rarely do we throw caution to the wind and sail towards opportunity.

Encountering hardships in 2008, I sought out a positive challenge that would stand to counter my struggles. Running the Gobi Desert seemed like the perfect challenge: "If I can run the desert, I can handle anything," I told myself.

I trained hard to reinvent myself as a runner, and from a standing start, within five short months I found myself in the Gobi Desert, lacing up my running shoes for a six day race.

At 7 a.m. we took to the startling line. I was terrified. Five hours later, I had finished my first marathon ever. I then did the same, on days two, three and four. On the fifth day I ran 85 km (two marathons), a distance I never imagined walking let alone running.

Every part of the journey was foreign to me. Whenever I stopped to ponder the enormity of the task at hand, I thought, "Wow, I am way outside of my comfort zone, and yet, I'm still here!"

Unexpectedly, I crossed the finish line first in the 40 to 50 age group. I returned with the sincere belief that I could handle the recession, and anything else life threw my way. In fact, before the six-day run, a recession was an event to try to survive. The desert showed me it is possible to thrive. Only by stepping out of our comfort zone can we expand it and ultimately realize what we are truly capable of.

STEFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

Between meetings at two and achoo!

On-the-job germs. Grumpy tummies and gesundheits are an office inevitability at this time of year, but staying prudent about your health can help both you and your co-workers

JULIA FURLAN
Metro World News

If you feel sick, do your co-workers a solid and stay home. ISTOCK

You can hear it in the chorus of sneezes coming from the cubicle next door: the winter colds are in full Kleenex-piled swing. We asked Kelly Arehart — who manages the Healthy Workplace project, where she analyzes and advises offices all over the world on how to keep germs at bay — how to survive the season.

Arehart likes to start with the basics: no matter how much you play the blame game with friends and family "cold and flu are not discriminatory. Anybody can pick it up throughout their day."

Getting sick is as simple as touching an elevator button or a door handle — things you have to do, you know, to enter your office — so the key is to make sure you have a system in place. Arehart suggests making hand-washing part of the arrival routine, before you even get to your desk.

Oh, and speaking of that petri dish of bacteria you like to call a desk: According to Arehart, desks are commonly overlooked, but they are party central for germs. "They understand they should wash hands (or use sanitizer if they can't) but they miss that surfaces are a risk, a hot spot," she says.

Colds and flus spread easily in offices, subway cars and classrooms because people are sharing space. Part of sharing that space is knowing when you would do better to take the day off and stay home, the CDC guidelines (and Arehart) advise. In a recent survey conducted by Kimberly Clark, they found that 59 per cent of people went to work sick, and three out of 10 of them felt they are too important to their work to not be there.

But overall, one of the easiest ways to fight the sniffles — especially with the planes, trains and automobiles of the holiday season — is to keep your grimy hands away from your gorgeous face.

Getting sick can start with that one little rub of an eye or a nose.

Bless you!

Tips for staying healthy at work during the holidays:

- Wash your hands.
- Keep some surface wipes and hand sanitizer handy and use it to wipe down your work space as well as keep your hands germ-free.
- Try to keep your hands away from your face.
- Wash your hands. Yep, broken record here.

ANDERSON COLLEGE
OF HEALTH, BUSINESS AND TECHNOLOGY
YOUR TRAINING. YOUR CAREER. YOUR FUTURE.

Robetech Institute is Now
Anderson College.

Become a Healthcare Professional within a Year!

- Medical Laboratory Technician
- Early Childcare Assistant
- ECG/Phlebotomy Technician
- Physiotherapist/Occupational Therapy Assistant
- Esthetics
- Personal Support Worker
- Physiotherapist Assistant
- Medical Office Assistant
- Occupational Therapist Assistant

Most Diploma Programs Have Practicum!

Financial assistance may be available to those who qualify!
Are you eligible for Second Career funding? Call to find out!
Medical Laboratory Technician/OSMT approved!
Medical professionals may qualify for credits for prior learning!

FREE Campus Tours Daily!
416.365.7894
416.466.6107
study@andersoncollege.com
www.andersoncollege.com
Robetech Institute Inc. o/a Anderson College of Health, Business and Technology is a Registered Private Career College under the PCC Act 2005.

EARN UP TO $12.25 PER HOUR
WEEKLY PAYCHECKS

NOW HIRING
IMMEDIATE WAREHOUSE POSITIONS AVAILABLE IN MISSISSAUGA & MILTON

Apply Today! Start Tomorrow!
- Weekly Paychecks & Paid Training
- Day and Afternoon Shifts Available
- Must Pass Background Check
- Able to Lift up to 23kgs Consistently
- Clean, Safe Worksite; Great Management Team

apply.smjobs.com
MEDIA CODE: T1M JOB CODE: 902S

SCHEDULE A DAILY INTERVIEW
MONDAY-SATURDAY, APPLY ONLINE OR CALL
647-972-9027 MISSISSAUGA
647-633-7714 MILTON

staff management | smx
FOLLOW US ON FACEBOOK & TWITTER EOE/M/F/D/V

Not just Plastics on today's playground

Boys on the side?
Author whose book inspired Mean Girls movie encourages educators not to put social issues of young males on back burner

Author Rosalind Wiseman is candid in her new book Masterminds and Wingmen, with revelations of experiences with her own sons.
CONTRIBUTED/THE CANADIAN PRESS

The teen comedy Mean Girls was inspired by Rosalind Wiseman's Queen Bees and Wannabes, which offered insight into the dynamics of relationships, cliques and conflicts involving teen girls.

Her latest book Masterminds and Wingmen (Harmony Books) offers a male-focused complement to her groundbreaking bestseller, as Wiseman urges adults to recognize that the emotional needs of boys are also deserving of attention.

"I want people to know that boys want deep relationships, that it makes their lives better; that their friendships are important to them and that they have conflicts like everybody does. And that we have to stop dismissing boys' emotional lives," Wiseman said during a recent interview.

"We don't have to have these Hallmark, 'Sit around in the circle and tell me your deepest feelings (moments).' It's just being able to realize there's a lot going on there, so you can see it; and then realize if you reach out, they're going to come to you if you listen. We just have to do a lot of work first on ourselves."

Mother to sons Elijah, 12, and Roane, 10, Wiseman didn't just focus on her own parenting practices and experiences — she went directly to the source. Wiseman sought out boys willing to open up about a vast range of subjects, from stigma surrounding being gay to girl troubles, gaming, social networking and the roles and hierarchies within social groups.

More than 160 boys offered contributions, which Wiseman said helped shape many of the topics in the book, while also aiding in painting a picture of common challenges and dynamics governing what she termed "Boy World."

"Boys have to hide behind this attitude of, 'I don't care,'" said Wiseman. "One of the things that happened that was really extraordinary was the boys were able to say, and be proud of it ... 'I want to make the world a better place. I want boys to have a better sense of how to get through things than I do, or I did. And so, I'm helping with this project so that that happens.' But I had to prove to them that I would listen to them and that they could disagree with me and I wouldn't shut them down."

Wiseman said she's heard so far from adults who say the book has enlightened them as to why boys clam up when bombarded with questions about how their day went.

THE CANADIAN PRESS

Screenwriting • Directing • Camera • Lighting • Audio • Editing
Film & Television Production
Apply now!
Winter Term starts on January 13 2014
Spring Term starts on April 14 2014
OPEN HOUSE
Thursday December 5 at 7PM
RSVP
INSTITUT TREBAS INSTITUTE
Fall, Winter, Spring, Summer start-ups!
2340 Dundas St. W., 2nd floor, Toronto, Ontario
Phone 416 966-3066 or visit trebas.com

Up to $50,000 in Bursaries Now Available!
Financial Assistance May be Available to Those Who Qualify!
Second Career Training Funding
The government provides qualifi ed candidates with education funding to train them for a better career, the grant can be up to $28,000 and covers tuition, book fees, transportation and some living allowance. Call us now to see if you are qualified.
Health Care
• Personal Support Worker*
• Community Service & Support Worker*
• Medical Office Assistant*
• EHR, Billing & Coding (NEW) *with Internship
Law & Legal
• Immigration Consultant* Accredited by ICCRC
• Paralegal Accredited by LSUC*
• Law Clerk*
• Legal Office Assistant
• Police Foundations
• Over 40 Diploma Programs *with Internship
IT & Home Inspection
• Network Administrator
• PC Support Specialist
• Computer Service Technician
• Web Designer
• Home Inspection Diploma
• Home Inspection Certificate
Accounting & Business
• Accounting and Payroll
• Business Administration
• Project Administrator
• Conference and Event Planner
• Administrative Assistant
We Speak Your Language — Career Consultation Provided In:
English, Français, हिंदी, मराठी, ગુજરાતી, Español, Portugues, 国语和粤语, română, русский & فارسي
Academy of Learning College Bay/Bloor Campus
FREE LINC English Classes
POLYCULTURAL
416-840-3364
416-969-8845
WWW.AOLTORONTO.COM
DOWNTOWN TORONTO (Bay/Bloor) 1255 Bay Street, Suite 600, Toronto, Ontario M5R 2A9
Academy of Learning Career & Business College(Bay/Bloor) is registered as a Private Career College under the Private Career College Act 2005 and is operated by 1069195 Ontario Inc.

Get the Skills you Need for your New Career
VISIT US!
OPEN HOUSE
Wed. Nov 27th, 2013
5:30 – 7:30pm
• BUSINESS
• TECHNOLOGY
• HEALTHCARE
• LAW
• SUPPLY CHAIN
BEST MANAGED COMPANIES
trios COLLEGE
CONTACT US TODAY!
1-866-918-7634
Careerin1.com
Not all programs are available at all triOS College locations.
HAMILTON: 4 HUGHSON ST. S.
BRAMPTON: 252 QUEEN ST. E.
MISSISSAUGA: 55 CITY CENTRE DR.
TORONTO: 425 BLOOR ST. E. STE 200
SCARBOROUGH: 4438 SHEPPARD AVE. E.
OSHAWA: 200 JOHN ST. W

Roughriders quarterback Darian Durant evades Tiger-Cats defensive lineman Torrey Davis during the Grey Cup game on Sunday night at Mosaic Stadium in Regina. LIAM RICHARDS/THE CANADIAN PRESS

Roughriders set off party on the Prairies

CFL playoffs. Record-setting performance by Sheets leads Riders to championship victory

Grey Cup game

Roughriders	Tiger-Cats
45	23

MVP Kory Sheets ran for a record 197 yards and two TDs to power the Saskatchewan Roughriders to a 45-23 win over the Hamilton Tiger-Cats in the 101st Grey Cup game Sunday night in Regina.

Sheets delighted the raucous partisan Riders sellout gathering of 44,710 by smashing the previous mark of 169 yards, set in 1956 by Edmonton's Johnny Bright. Sheets was especially impressive in the first half, running for 128 yards and a TD in leading Saskatchewan to a commanding 31-6 halftime advantage.

Saskatchewan slotback Chris Getzlaf was the game's top Canadian.

Quarterback Henry Burris, who rallied Hamilton from a 24-10 deficit to beat Toronto 36-24 in the East final, pulled Hamilton to within 31-16 early in the third on his 18-yard TD run and a drive that Luca Congi capped with 33-yard field goal early in the fourth. But Sheets cemented the win with a five-yard touchdown with just over five minutes remaining.

Weather was a consideration but not because of the frigid temperatures that gripped the city last week. At kickoff, it was 1 C and had only dropped to -2 C at the end of the game.

The biggest obstacle was the brisk northwest breeze that gusted between 30 and 50 km/h throughout.

THE CANADIAN PRESS

Reimer in NHL's elite numbers-wise

Leafs goalie James Reimer
GETTY IMAGES

James Reimer entered a spotlight this season — one that was unprecedented in his career — over the suggested goalie battle with Jonathan Bernier, and the pre-season expectation that Bernier was brought here to unseat him as the No. 1 goalie.

The air went out of that tire long ago, but Reimer finds himself in a new spotlight: He may be the best goalie going in the NHL at the moment.

The NHL stats page Sunday suggested Reimer at least be considered in that kind of company: After facing a career-high 50 shots in Toronto's 2-1 shootout win over Washington Saturday, Reimer vaulted into the league lead with a .947 save percentage. That put him ahead of former goalie partner Ben Scrivens (.946) and one-time Leaf Tuukka Rask (.945).

So, what's next for Reimer? A possible seat on the bench when the Leafs host Columbus Monday? Bernier has the better numbers and more familiarity with the Blue Jackets.

The Leafs are entering a busy schedule over the next week. They are also entering a month of December where they'll be tested almost nightly by most of the top-shelf teams in the Western Conference.

Reimer has enough experience now to understand how to manage himself physically and mentally.

"Rest is a weapon," said Reimer, who now has three 49-save performances in his career.

"You've got to take it when you can.... When tomorrow comes, you forget about this one and start preparing for the next one." TORSTAR NEWS SERVICE

Sports in pictures

1 Soccer. Spurs get no pity from Man City

Free-scoring Manchester City moved ominously into the Premier League's top four by embarrassing Tottenham 6-0 on Sunday.
THE ASSOCIATED PRESS

2 Soccer. Canada settles for draw

The Canadian women created a number of chances but settled for a 0-0 draw with Mexico in a friendly on Sunday in Vancouver.
THE CANADIAN PRESS

3 Boxing. Pac Man plans to visit disaster area

Manny Pacquiao is preparing for a visit to the typhoon-devastated city of Tacloban in the coming days, returning to the Philippines with his boxing career back on the upswing after an impressive victory over Brandon Rios on Saturday night in Macau.
THE ASSOCIATED PRESS

Persistence pays off for Raps' Augustin

NBA. After losing his job as Kyle Lowry's backup, veteran guard impresses with solid play in Friday's win

D.J. Augustin GETTY IMAGES

The easy thing for D.J. Augustin to do would have been to give in, to quit and to sulk and to sit around and to feel sorry for himself and to simply collect a paycheque.

He'd had a job and lost it, he simply hadn't been good enough to be trusted on the court and if he'd taken the Raptors' money and sat around all year few would have blamed him and fewer would have missed him.

But inside, somewhere in a competitive heart not many regular folks can understand, Augustin kept plugging away privately, confident that if he got another shot he could make it work; unwilling to go quietly into that good NBA night.

And there he was Friday night, freed from the shackles of the bench, playing better than he has at any time this season; showing his teammates and his coaches that he has life.

"Every time he (has) an opportunity to go hard in practice, he's demonstrated he's got some backbone," coach Dwane Casey said of the veteran guard.

Augustin was signed with the express purpose as being Kyle Lowry's backup and understudy and the job was his to lose. But tentative play cost him that job. Casey went with a more unproven Dwight Buycks after eight or nine games and Augustin was all but forgotten. But Buycks had to miss Friday's game. The team's other point guard, Julyan Stone, had no chance of defending Washington's John Wall and Augustin got the second-half minutes. He was aggressive, made shots, did as well as he could against Wall and may have earned more playing time as a result.

"It's hard," he said of trying to find a way to be self-motivated. "But you've got to do what you've got to do for yourself to stay in shape, stay after (practice), come back at night.… Whatever happens, happens. I have to be ready to play when coach calls me."

TORSTAR NEWS SERVICE

NBA

Bulls star out with another knee injury

Derrick Rose will have surgery on his right knee Monday, and the Chicago Bulls don't yet know how long they'll be without their star guard this time.

Derrick Rose GETTY IMAGES

Rose headed home to Chicago while the Bulls went back to work Sunday, facing the Los Angeles Clippers in their first game since Rose tore cartilage in his knee in Portland on Friday night.

Chicago coach Tom Thibodeau said the Bulls won't know how long Rose will be sidelined until Rose and team physician Brian Cole decide how to fix his knee.

The 2011 NBA MVP missed all of last season after tearing a ligament in his left knee.

THE ASSOCIATED PRESS

Formula One

Vettel ends season with win in Brazil

Sebastian Vettel won Formula One's season-ending Brazilian Grand Prix on Sunday, matching Michael Schumacher's record of 13 victories in a year.

Vettel's Red Bull teammate Mark Webber was second in his final F1 race. Fernando Alonso of Ferrari was third.

THE ASSOCIATED PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	23	15	6	2	64	43	32
Toronto	23	14	8	1	66	54	29
Tampa Bay	23	14	8	1	67	61	29
Detroit	25	11	7	7	63	70	29
Montreal	24	13	9	2	64	51	28
Ottawa	24	9	11	4	68	77	22
Florida	24	6	13	5	53	80	17
Buffalo	25	5	19	1	44	79	11

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	24	15	9	0	69	54	30
Washington	24	12	10	2	72	68	26
NY Rangers	23	12	11	0	48	54	24
New Jersey	23	9	9	5	49	55	23
Carolina	24	9	10	5	49	67	23
Philadelphia	22	10	10	2	49	53	22
Columbus	23	8	12	3	56	71	19
NY Islanders	24	8	13	3	68	82	19

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	24	16	4	4	87	70	36
St. Louis	22	16	3	3	79	50	35
Colorado	22	17	5	0	69	45	34
Minnesota	24	15	5	4	64	55	34
Dallas	22	11	9	2	61	65	24
Nashville	23	11	10	2	52	67	24
Winnipeg	25	10	11	4	66	75	24

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	26	17	6	3	80	65	37
San Jose	23	15	3	5	79	52	35
Los Angeles	24	15	6	3	64	51	33
Phoenix	23	14	5	4	78	74	32
Vancouver	25	12	9	4	65	65	28
Calgary	23	8	11	4	64	84	20
Edmonton	24	7	15	2	64	84	16

Note: Two points for a win, one point for overtime loss.

Sunday's results
Carolina 4 Ottawa 1
Detroit 3 Buffalo 1
Saturday's results
Boston 3 Carolina 2 (OT)
Minnesota 3 Winnipeg 2 (SO)
Montreal 3 Pittsburgh 2
Toronto 2 Washington 1 (SO)
Ottawa 4 Detroit 2
Philadelphia 5 NY Islanders 2
NY Rangers 2 Nashville 0
St. Louis 6 Dallas 1
Anaheim 4 Phoenix 2
Chicago 2 Vancouver 1
San Jose 2 New Jersey 1
Colorado 1 Los Angeles 0 (OT)
Monday's games — All Times Eastern
Winnipeg at New Jersey, 7 p.m.
Pittsburgh at Boston, 7 p.m.
Columbus at Toronto, 7 p.m.
Philadelphia at Florida, 7:30 p.m.
NY Rangers at Tampa Bay, 7:30 p.m.
Phoenix at Nashville, 8 p.m.
Minnesota at St. Louis, 8 p.m.
Chicago at Edmonton, 9:30 p.m.
Los Angeles at Vancouver, 10 p.m.
Tuesday's game
Anaheim at Dallas, 8 p.m.

NFL

WEEK 12

Sunday's results
Carolina 20 Miami 16
Baltimore 19 N.Y. Jets 3
Tampa Bay 24 Detroit 21
St. Louis 42 Chicago 21
Pittsburgh 27 Cleveland 11
Jacksonville 13 Houston 6
San Diego 41 Kansas City 38
Green Bay 26 Minnesota 26
Arizona 40 Indianapolis 11
Tennessee 23 Oakland 19
Dallas 24 N.Y. Giants 21
Denver at New England
Monday's game — All Times Eastern
San Francisco at Washington, 8:40 p.m.

MLS PLAYOFFS

CONFERENCE CHAMPIONSHIPS

EASTERN CONFERENCE
Saturday's result
Sporting KC 2 Houston 1
(Sporting KC advances 2-1 on aggregate)
WESTERN CONFERENCE
Sunday's result
Real Salt Lake at Portland
(Real Salt Lake leads 4-2 on aggregate)

MLS CUP

Saturday, Dec. 7
Sporting KC vs. Real Salt Lake-Portland winner, 4 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Indiana	12	1	.923	—
Miami	10	3	.769	2
Atlanta	8	6	.571	4 1/2
Toronto	6	7	.462	6
Chicago	6	6	.500	5 1/2
Charlotte	7	7	.500	5 1/2
Philadelphia	6	9	.400	7
Detroit	5	8	.385	7
Washington	5	8	.385	7
Boston	5	10	.333	8
Orlando	4	9	.308	8
Cleveland	4	10	.286	8 1/2
New York	3	9	.250	8 1/2
Brooklyn	3	10	.231	9
Milwaukee	2	10	.167	9 1/2

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	12	1	.923	—
Portland	12	2	.857	1/2
Oklahoma City	8	3	.727	3
L.A. Clippers	10	5	.667	3
Houston	9	5	.643	3 1/2
Dallas	9	5	.643	3 1/2
Golden State	8	6	.571	4 1/2
Memphis	7	6	.538	5
Phoenix	7	6	.538	5
Minnesota	8	7	.533	5
Denver	6	6	.500	5 1/2
New Orleans	6	6	.500	5 1/2
L.A. Lakers	6	7	.462	6
Sacramento	4	8	.333	7 1/2
Utah	1	13	.071	11 1/2

Sunday's results
Detroit 109 Brooklyn 97
L.A. Clippers 121 Chicago 82
Phoenix 104 Orlando 96
Utah at Oklahoma City
Sacramento at L.A. Lakers
Monday's games — All Times Eastern
Minnesota at Indiana, 7 p.m.
Boston at Charlotte, 7 p.m.
Phoenix at Miami, 7:30 p.m.
Milwaukee at Detroit, 7:30 p.m.
Houston at Memphis, 8 p.m.
Denver at Dallas, 8:30 p.m.
New Orleans at San Antonio, 8:30 p.m.
Chicago at Utah, 9 p.m.
New York at Portland, 10 p.m.

CFL PLAYOFFS

101ST GREY CUP

At Regina, Sask.
Sunday's result
Hamilton at Saskatchewan

Monday, November 25, 2013

Service Directory

To advertise contact Ian March at 416-443-4388

PSYCHIC

Astrology Supremo in CANADA Now
Priest YOGI ESHWARAN
He provides Solutions on problems like Marriage, Love, Business, Job Enemy, Husband-Wife Relationship, Horoscope, Education Etc
He is Specialist in Removing Black Magic, Demonic Forces & gives protection
100% GUARANTEE
Magical Results...Quick Solutions
647-768-7633
105 Dundas St. E., Mississauga, L5A 1W7
East of Hwy 10, Next to Dollarama (Hwy 10 & Dundas)

THE MOST POWERFUL SPIRITUALIST FROM INDIA
Pandit: RAMJI
Specialist in All kinds of Astrology
SOLUTIONS & SUGGESTIONS ON: Finance, Love, Husband-Wife, Business, Work, Depression, Kids, Enemy, Health, Job, Divorce Etc
100% REMOVAL OF BLACK MAGIC, EVIL SPIRITS OF ALL RELIGIONS BY PERFORMING SPECIAL KALI MAATA PRAYERS
647-962-7346, 647-852-2996
679 Markham Road, Scarborough, Markham & Lawrence

Indian Specialist Psychic
Pandit: Maheshwara
EXPERT IN BRINGING BACK LOVED ONES
He clears all Problems like Health Business,Love, Depression, Husband-Wife Relationship, Children, Job,Lottery
501% GUARANTEE
If you MET other Astrologers and not SATISFIED with Results...Meet me once, I will CLEAR your all Problems
I GIVE LUCKY NUMBERS
MASTER IN REMOVING BLACK MAGIC, ALL EVILS, PILLI SOONYAM & GIVES LONG LIFE PROTECTION
647-768-4556
6065 Steeles Ave. E., #E2, Scarborough M1X 0A8 (Inside Ommira Jewellers) (MARKHAM & STEELES)

Pandit: RAM SWAMY
The Most Powerful Spiritual Healer
Solves all Problems
Love * Marriage * Kids Education * Business* Job Money * Health * Sexual Family Prob * Enemy*Court
100% Guarantee
100%Removing Black Magic*Evil Spirits*Obeya*Voodo*Jodo*Bad Luck*Jealousy*Witchcraft* And Gives Strong Protection...
647-768-2133
56A Dundas St. W, Mississauga L5B 1H3. (Hwy10 & Dundas)

INDIAN FAMOUS ASTROLOGER
Pandit: Jagadish
Marriage, Business Job, Children, Health Depression, Love Court, Sexual Etc
I CAN HANDLE ANY PROBLEM
100% Guarantee
REMOVE BLACK MAGIC IN 2 DAYS & GIVES IMMEDIATE PROTECTION
647-532-8224
Keele & Finch
1290 Finch Ave. W, #23, North York

Famous Astrologer & Healer
58 Years Experienced
Adivasi: RAJ
Helped Big Politicians & Businessmen all over the World
Adivasi Performs POWERFUL KALIMATA Prayers to Solve all Problems
Removes Black Magic & Gives Protection
647-625-8072, 647-709-0712
Albion & Islington, Hwy 10 & Dundas(Mississauga)

Sri Mahaganapathy Astrology Centre
Pandit: BALAJI
INDIAN VEDIC ASTROLOGER
Solves Problems related to Children Family, Business, Job, Money, Court Education, Depression Etc.
All matters Kept Private & Confidential
Removes Black Magic, Evil Spirits,Voodoo, Kotteri Pilli Soonyam and Gives Life Long Protection
647-924-7063 , 647-855-0966
212A Queen St. East, Brampton, L6V 1B7
(QUEEN ST. & KENNEDY RD.) Above "Cash & Money"

PSYCHIC SPIRITUAL
Adivsor:Mr. MAHA
He can clear Negativity, Helps Bring Back Loved ones. Family Problems, Court, Marriage, Kids,Business, Job Etc. 100% Removes Black Magic, Evil Eyes, Obeya, Vodoo,Witchcraft, Butu Bad Luck & Bad Curse
647-710-5566
(Kennedy & Lawrence)

Mr IBRAHIM
AFRICAN PSYCHIC MEDIUM
I can help you out of despair.
Reunite Lovers forever
Happy Marriage
Stop Divorce, Stress & Depression.
Success in Business & Court Cases
Protection against Evils
Remove Bad Luck
Hopeless cases
27 Years Experienced, Quick Results
By Appt. 416-783-3910

Service Directory

To advertise contact Ian March at 416-443-4388

FINANCIAL

OVERWHELMED BY DEBT?

CALL THE Licensed Debt Professionals™

GET OUT OF DEBT!

- Avoid Bankruptcy
- 1 Low Monthly Payment
- No Interest Charges
- Stop Collection Calls
- Government Licensed Proposal Administrators

David Sklar, CPA, CA, CIRP, Trustee

FREE Consultation 310-9200

(NO AREA CODE NEEDED)

DAVID SKLAR & ASSOCIATES INC.
Licensed Proposal Administrators & Trustee in Bankruptcy

HEAD OFFICE: 245 FAIRVIEW MALL DRIVE, SUITE 720, TORONTO, ON, M2J 4T1
NORTH YORK • TORONTO • PICKERING / AJAX • MISSISSAUGA / ETOBICOKE • BRAMPTON

www.DavidSklar.com

CALL ERIKA
(LICENSED DEBT EXPERT)

STOP COLLECTION CALLS
GET DEBT RELIEF NOW!

Reduce or Eliminate Tax Debt too.
Stop Garnishments and Court Actions
Debt Proposals, Debt Counselling, Avoid Bankruptcy
Call NOW to talk with a Government-Licensed Expert
Low income? No problem! Ask about our affordable, very low fee to get Debt-Free.
We're here to help. Friendly, Caring Professionals.
Free consultation. Same day appointments.

1-877-332-8416
416-288-8048

Scarborough (Main office), Weston, Brampton, Oshawa, Mississauga (Pt Credit)

Rusinek & Associates Inc
Trustee in Bankruptcy
www.rusinek.ca

MONEY PROBLEMS?™

Make One Small Monthly Payment For All Your Debts!

WE CAN
- Stop Collection Calls
- Reduce your Debts
- Stop Wage Garnishment
- Stop Interest Right Away
- Re-Establish your Credit
- Deal with your Tax Issues

Visit:
GtaCredit.Com

North York (416) 650-1100	Scarborough (416) 754-0011
Mississauga (905) 275-4200	Ajax / Oshawa (905) 426-8400
Brampton (905) 796-3100	Toronto Downtown (416) 489-2000

gta credit™

Call for a FREE & CONFIDENTIAL meeting with one of our Govt. Registered Counsellor

EMPIREONE

SCARBOROUGH
250 Consumers Rd.
Suite 810

NORTH YORK
1111 Finch Ave. W.
Suite 207

CREDIT PROBLEMS?
REDUCE YOUR DEBTS & SLEEP LIKE A BABY

Consolidate All Your Debts Into
One Small Monthly Payment & Pay NO Interest

WE OFFER FREE CREDIT CHECKS
FREE ONE ON ONE CONSULTATION

BBB

OSHAWA
286 King St. W.
Suite 303

416-900-2324
www.empireonecredit.com

MISSISSAUGA
165 Dundas Ave. W.
Suite 307

MORTGAGE APPROVED!

- 1st and 2nd Mortgage for any purpose.
- Refinance to 87%. Purchase to 95%.
- With rates at historic lows, now is the time to re-finance your home!
- Consolidate cards into 1 payment
- Self-employed? Stated income.
- Good and bad credit are welcome!
- Behind in Mortgage Payments?

WE CAN HELP!
HOMELAND MORTGAGE
416-519-3505 OR 647-273-5626
WWW.HOMELANDMORTGAGE.ORG

License # 11991

LOWEST Bad Credit Rates since 1984

What would you do with $20,000?

PFS

✓College tuition?
✓Home Renovation?
✓Wedding?

You decide.

Have a paid off car 6 years or newer?
You could borrow up to $20,000 the same day from *Prudent Financial.*

416-634-2013 BorrowWithYourCar.com

Consumer Loans

clnfinance™

Need some help this holiday season?
Discharged from bankruptcy or consumer proposal welcome
APPLY TODAY
Tel# 416.494.1144
WWW.CLNFINANCE.COM

MoneyProvider.com

$500 Loan and more

No credit refused

Fast, easy and secure
1-877-776-1660
www.moneyprovider.com

LEGAL

HAS YOUR SHORT OR LONG TERM DISABILITY CLAIM BEEN DENIED?

Free initial consultation
- No fee until we settle -

Call Stephen Ellis
B.A. (Hons.), LL.B, Barrister & Solicitor

Tel : (416) 512 2301
Fax: (416) 512 1887
stephen@ellislaw.ca

HAVE YOU BEEN WRONGFULLY TERMINATED FROM YOUR JOB?

Free initial consultation
- No fee until we settle -

Call Stephen Ellis
B.A. (Hons.), LL.B, Barrister & Solicitor

Tel : (416) 512 2301
Fax: (416) 512 1887
stephen@ellislaw.ca

Family & Criminal Lawyers

416-485-8545
6026 Yonge St.
(Yonge and Finch)

Elena E. Mazinani
Mazinani Law Offices

- ☑ Uncontested Divorce *($299 + court fee)*
- ☑ Child Support & Custody
- ☑ Division of Property & Spousal Support
- ☑ Criminal Law
  Theft, Assault, Drug Offences, Bail

WORK / EDUCATION

INTRA-ORAL DENTAL ASSISTANT

medixcollege.ca

866.981.0683

Medix College of Healthcare

JOB OPPORTUNITIES

RECYCLING SORTERS NEEDED ASAP

Male and female welcome

Full time day, afternoon and night positions available

Experience an asset but not necessary

Please apply to United Staffing
122 Arrow Rd, Toronto
Call Deane - 647-203-8261

PSYCHIC

PSYCHIC & ASTROLOGER

Pandit: Ravi Shankar

IF YOU ARE FACING ANY KIND OF IMPOSSIBLE PROBLEMS, I WILL HELP YOU TO SOLVE PROBLEMS FOR EVER
WORK * HEALTH * DEPRESSION * LOVE
FAMILY * CHILDREN * FINANCE ETC

Removes Black Magic, Evils Spells & Spirits, Voodoo, Obeya, Katteri Etc.

PRIVATE & CONFIDENTIAL

647-924-7249
647-764-9199

7086, # 7A Airport Rd. Mississauga, L4T 2G8
Above Makkah Jewellers
(Airport & Derry), Airport Road North

Horoscopes

♈ Aries
March 21 - April 20
Even an Aries has to take orders from some people and one such individual will demand you show them the respect they think they deserve. Let them have it.

♉ Taurus
April 21 - May 21
Your ideas and opinions will change radically over the next few days — which is not like you at all. It won't worry you, but some people may be concerned you are acting out of character.

♊ Gemini
May 22 - June 21
You seem strangely dissatisfied at the moment and can't quite put your finger on why that is. As the Sun moves deeper into your opposite sign partners and loved ones will help you find out.

♋ Cancer
June 22 - July 23
Act first and worry about the consequences later. Better still, don't worry about the consequences at all. Be ready and willing to take a few risks over the next seven days.

♌ Leo
July 24 - Aug. 23
How you start the week will determine what sort of week you are going to have. If someone tries to pile lots of work on you, just say no.

♍ Virgo
Aug. 24 - Sept. 23
Creative matters will become more important to you as the week progresses, but today, focus on getting domestic affairs in order. What can you do to reassure loved ones that their needs are your number one concern?

♎ Libra
Sept. 24 - Oct. 23
You don't need to make excuses if you want to be by yourself. Others may think you are being anti-social, and maybe you are, but so what?

♏ Scorpio
Oct. 24 - Nov. 22
Keep travel plans to a minimum over the next 24 hours because there could be hold-ups and setbacks which get you frustrated.

♐ Sagittarius
Nov. 23 - Dec. 21
You will get the opportunity to go back and set something right, and if you are smart you will seize it with both hands. If you don't it will continue to prey on your mind and hold you back.

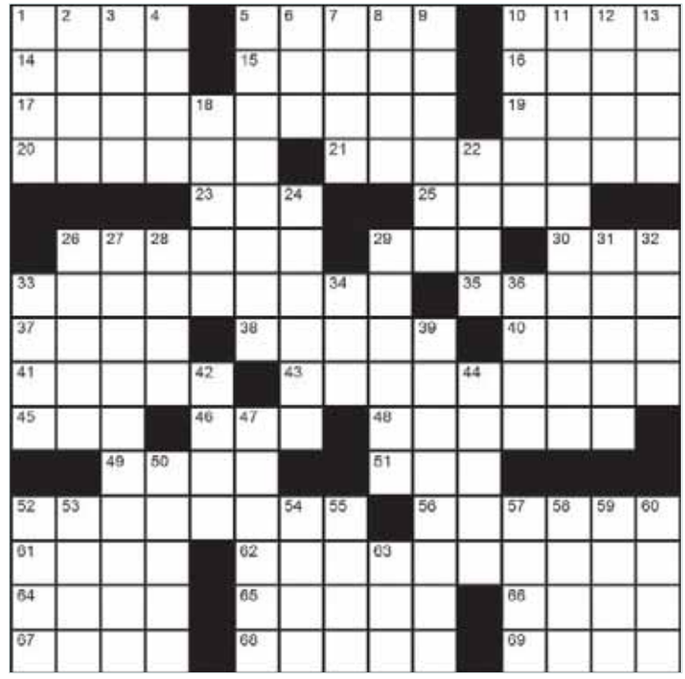
♑ Capricorn
Dec. 22 - Jan. 20
You may not want to cause offense, either at home or at work, but you must speak your mind today, no matter what the effects may be. Let others know you have strong principles and opinions.

♒ Aquarius
Jan. 21 - Feb. 19
For one reason or another you find it hard to get along with certain people and you must not try to force yourself to work with them. There is more than enough space to do your own thing.

♓ Pisces
Feb. 20 - March 20
The more others try to tie you down the more likely it is you will strive to break free. Especially at work, you just can't see the point of hammering away at the same problems. Do something different this week. SALLY BROMPTON

Crossword: Canada Across and Down

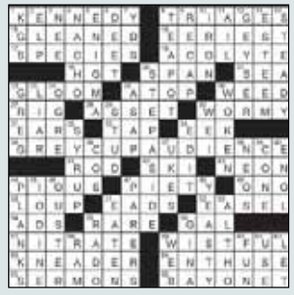
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. Miley Cyrus' momager
5. Russian refusals
10. Way off
14. Currency exchange fee
15. Denmark's __ Islands
16. Cautious
17. Exercise for some pet owners: 2 wds.
19. Aboard the ship
20. Within reach: 2 wds.
21. I'll Be Loving You by The __ __ & BBQ Show (Montreal duo whose music the late great Lou Reed admired)
23. Fast food chain: letter + symbol + letter
25. Dedicated to the __ _ Love by The Shirelles
26. Ms. Copps
29. Cape Town's home [acronym]
30. 'Electr' ender
33. Medieval killer: 2 wds.
35. Receded
37. L.A.'s state
38. Canadian skating great/choreographer, Sandra __
40. Nero's 2051
41. Amadeus (1984) star Tom
43. Hit for rapper Gerardo: 2 wds.
45. Card game
46. Author Mr. Lawrence, et al.
48. Surface
49. Bargain
51. Nature's coat
52. Company chatter: 2 wds.
56. Cone-shaped dwelling
61. Holly __ Trio
62. Join in Klondike fun: 3 wds.
64. Competent
65. Phoney well-wishery
66. __ _ Want by Irish band Kodaline
67. Yo-Yos
68. Advice columnist Ann Landers aka __ Lederer
69. Requires directions

Down
1. "All done!"
2. Jazz classic: _ __ Rhythm
3. Wistful utterance
4. This is __ _ Heart Breaks by Rob Thomas
5. East Coast region: abbr. + symbol + abbr.
6. Yakety __ by The Coasters
7. Mr. Estrada
8. Ms. Braxton
9. Repetition marks, in music
10. Conscious
11. Vogue, e.g.: 2 wds.
12. Locale
13. Mr. Seacrest
18. Hammer _ __ in
22. Eat at
24. Bets
26. '70s idol, Mr. Cassidy
27. Broadway musical!: 2 wds.
28. Larger-than-life
29. Applied a cold pack again
31. Check out, __ into
32. Ms. Falco
33. Songbook standard: Ac-Cent-__-Ate the Positive
34. Submachine gun variety
36. Russia/China border river
39. Disco hit for Canadian singer France Joli: 3 wds.
42. Coup d'__
44. Waste place
47. Pass
50. Blades
52. "Vamoose!"
53. Freight train rider
54. Desk light
55. Start to 'sack'
57. Equal, in Paris
58. On-a-horse sport
59. Building wings
60. Change
63. __-End? by Brit singer Kate Nash

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	6		7	8				
	5		2				3	8
		3	6			7		
						5	7	6
5				2				3
4	7	1						
		9			2	4		
3	4				6		8	
				9	8		1	

Friday's Sudoku

4	3	1	8	2	6	9	5	7
2	9	7	5	1	4	8	6	3
5	6	8	3	7	9	1	2	4
7	5	9	4	6	2	3	8	1
3	8	4	9	5	1	6	7	2
6	1	2	7	8	3	5	4	9
9	2	3	6	4	8	7	1	5
1	7	8	2	9	5	4	3	8
8	4	5	1	3	7	2	9	6

Today
1°/-3°
Flurries
40%

Tuesday
1°/-4°
Flurries
40%

Your #1 weather forecast now available in HD.
Check your local listings for details.
The Weather Network HD

©The Weather Network 2013

Timothy's World Coffee

Free Belgian Truffle*

*With the purchase of any medium or large hot specialty beverage

†At participating cafés only. While quantities last. ©2013 Threecaf Brands Canada, Inc.

CYBER HOLIDAY SALE – ON NOW
SAVE UP TO $100
CHOOSE FROM OVER 3000 FRAMES
WHILE SUPPLIES LAST!
clearlycontacts.ca/metro
See site for details
ClearlyContacts.ca
THE BETTER WAY TO BUY EYEWEAR